

# UPDATES

RELEVANT · RESPONSIVE · RELATIONSHIPS

SUMMER 2021

READY TO  
MEET &  
GREET

COME CHECK OUT THE NEW SPACE

The Up Center's lobby areas have received a much-needed refresh! With new seating, decorations and blinds, our new lobby and therapy spaces provide our clients with a welcoming and comfortable first impression.

At our Norfolk office located at 222 19<sup>th</sup> Street, along with some furniture and lighting upgrades, we've spruced up the play area for children – adding some fun bean bag seats! We've also updated the furniture in our family therapy room, giving it a more inviting look for our families to feel safe and welcome. Our Portsmouth lobby also received some upgrades, including flooring, furniture, and lighting, making the room more open and cheerful.



## 3 GRADUATIONS AND A FRESH START



After starting her freshman year at a college in Texas, Maya discovered she was pregnant and returned home to Norfolk to live with her mother. She enrolled in our Parents as Teachers program and shared with her Home Visitor that she wanted to continue her education, but didn't know how to juggle caring for a newborn, being a full-time student and working. With the help of her Home Visitor, she decided to return to school part-time while working part-time.

During her time at The Up Center, Maya learned about a scholarship opportunity at The New E3 School in Norfolk and her daughter was accepted, providing her with an exceptional preschool learning environment and allowing Maya the ability to return to school full-time at Norfolk State University.

In July, Maya's daughter graduated from The New E3 Pre-School. Maya also graduated, with honors, from Norfolk State University and was offered a position at the company where she interned during her senior year. After five years, her family is graduating from The Up Center's Parents as Teachers program. Maya has been described by her parent educator as "a quiet and steady force, pressing on to achieve her goals. She has demonstrated such patience and dedication in her academic achievements as well as her parenting skills. It was an honor to be part of the journey that included a newborn and a college graduation."

## FIRST PROGRAM GRADUATE | YOUTH ADDICTION SERVICES



Naomi\* is 18 years old and has been battling an addiction to marijuana since the age of 14. She enrolled in the New Visions Youth Addiction program in March 2021. New Visions is funded by a federal grant awarded to The Up Center in 2020 to support adolescents and young adults with substance use challenges by increasing family, social and educational reinforcement to support recovery. She identified a few goals: remaining sober, regaining custody of her son, gaining better employment, learning more effective ways to communicate and enrolling in Certified Nursing Assistant (CNA) classes.

Naomi has remained sober since December 2020 and is working to meet her goals. She recently received a management promotion at her job. She attends supervised visitation on a consistent basis and has successfully completed many of the program modules, including, Communication Skills, Problem Solving, Job Seeking Skills, Goals of Counseling, Happiness Scale, and Drink/Drug refusal.

Naomi is the first youth to successfully complete the New Visions program and will continue receiving Peer Support Services with a Family Support Partner. In addition, she will receive further support for anger management and single parenting for mothers battling addiction.

To learn more about our New Visions program, please visit our website at [www.theupcenter.org/substance-use](http://www.theupcenter.org/substance-use).

## FAMILIES READY TO FOSTER AGAIN

Our clients know the kind of care they will get when they come to us: compassionate, responsive, understanding, clinical expertise and trauma-informed. This summer has been a prime example with two former foster families expressing interest in fostering with The Up Center again.



The Rose family\* first fostered with The Up Center in 2013 for five years after adopting two children and receiving military relocation orders.

They fostered with another agency while out of state, but happily returned to foster with The Up Center as soon as they relocated back to Hampton Roads area, despite their previous agency also having a location in Hampton Roads.

The Gutierrez family\* fostered with The Up Center from 2012 to 2015 after the adoption of a teenage boy. They are now empty nesters and reported that "the house is too quiet," expressing interest in fostering again.



If you or someone you know is interested in becoming a Foster Parent, please reach out to Sabrina Carr at [fostercare@theupcenter.org](mailto:fostercare@theupcenter.org).



# EXPANDING SERVICES AND INCREASING STAFF

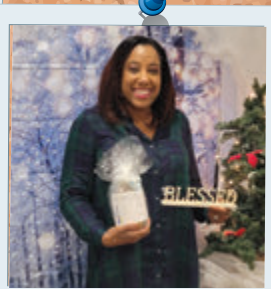
## WELCOME STAFF

The Up Center launched several new lines of service just before the pandemic and continues to add capacity as the needs of our community grows. In the last year, we expanded our Early Childhood programs to include doula services, lactation consulting and maternal mental health. We added Substance Use Disorder Counseling and increased our mental health counseling services across the agency by more than 70%.

The Up Center held our first Virtual Job Fair this summer, hoping to bring some enthusiastic, new faces to our expanding team. Over 30 participants visited virtual booths for many of our clinical programs, including Outpatient Counseling, Community Based Counseling, Team Up Mentoring, Foster Care & Adoption, and Marketing and Development.



*Community Diaper Donation*



*Staff Holiday Appreciation*



*Thanksgiving Drive*



*Trunk or Treat*



*Spring Luau All Hands Meeting*



*Foster Care Drive-Thru Parade*

## WE ARE HIRING!

The Up Center is always seeking mental health professionals to provide intensive in-home, mental health support, individual and group counseling. Full- and part-time positions are available as well as internships from accredited schools for Social Work and Counseling. This includes Licensed Counselors, License-Eligible Counselors, and Qualified Mental Health Professionals (QMHP). For more than 135 years, we have been committed to clinical excellence and are also committed to promoting equitable access and opportunities for all people.

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## ADDRESSING THE NEEDS OF OUR COMMUNITY

THANK YOU!



DONOR SPOTLIGHT



TowneBank, a longtime leader in community philanthropy, awarded the Steven A. Cohen Military Family Clinic at The Up Center with a \$250,000 charitable gift to better address the increasing and developing mental health needs of our military community over the next 5 years. In 2021, the clinic provided services to more than 500 members of our military and veteran community and is expected to deliver services to an additional 3,000 people who need mental health support by 2026. We are thrilled to name the beautiful lobby of the Cohen Clinic at The Up Center for TowneBank.

*From left to right: Jerry Kent, TowneBank Senior Vice President, Private Banking Officer; Tina Gill, The Up Center President & CEO; Heather Wilson, The Steven A. Cohen Military Family Clinic at The Up Center Outreach Manager; Dawn Glynn, TowneBank President, Hampton Roads & Northeastern North Carolina; Robin Cooke, TowneBank President, Portsmouth and Suffolk*