

Healing & Hope News

“The work will continue...”
– Father Edward J. Flanagan,
Founder of Boys Town

Your 2023 IMPACT

At Boys Town, we provide an array of life-changing youth care and health care services that meet each child and family exactly where they are, so they get the **right kind of care**, at the **right time**, in the **right way**.

Together, we served and impacted nearly 5,000 children in South Florida.

In-Home Family Services

260 children and 121 families learned how to **handle issues after they arise**, but also how to prevent them from becoming more disruptive, while they remain in their home.

Care Coordination Services

645 children and 297 families who are suffering from **mental health issues** were provided a lifeline by connecting them with programs and resources that can provide the best care.

Boys Town National Hotline®

3,372 calls from Florida were answered and **9 suicides in progress were prevented** by our Hotline crisis counselors.

Behavioral Health Clinic

545 clients between the ages of 2 and 22 and their families who were experiencing any of a wide variety of problems including ADHD, school difficulties, emotional issues, noncompliance and/or relationship concerns **found support and guidance**.

ParentChild+

352 children from **352 families** received **language and preliteracy skills** support and positive parent-child interactions. In addition, **448 siblings** of the children served were impacted.

Boys Town Common Sense Parenting®

21 families and caregivers learned **new skills by building on their parenting strengths** and developing **healthy relationships** with their children.

Primary Project

826 students in Palm Beach County elementary schools **received help to improve** their adjustment to school and enhance their **social and emotional well-being**.

Lift with Boys Town

199 students from two Title I schools received support services in their classrooms to develop their academic **social skills and promote learning**. In addition, **662 students** were positively impacted.

Let's do even more together in 2024!



A LETTER FROM BETHANY

As we say goodbye to another successful school year and our children eagerly await the summer adventures



they have ahead of them, I want to express how thankful we are for your unwavering support. Your generosity and commitment to saving children and healing families have been the driving force behind our efforts to prevent child abuse and create a brighter future for youth in our community.

PARENTING TIPS FOR A POSITIVE SUMMER

As advocates for child well-being, we wanted to share some valuable parenting tips to help ensure a positive and enriching summer for your children:

- 1. Create a Balanced Routine:** A structured routine with designated times for activities, chores and downtime can provide stability and predictability for children during the summer break.
- 2. Encourage Outdoor Exploration:** Take advantage of early mornings or later afternoons, when it is cooler, by encouraging children to enjoy some fresh air and physical activity for overall well-being.
- 3. Limit Screen Time:** With the allure of screens, setting limits on screen time is crucial. Encourage activities like arts and crafts, reading or imaginative play to foster creativity.
- 4. Family Bonding Activities:** Summer is perfect for family outings, picnics or movie nights. These shared experiences create lasting memories and strengthen family bonds.
- 5. Promote Lifelong Learning:** Keep the spirit of learning alive during summer by visiting museums and libraries or enrolling in summer classes that interest your child. Cultivating a love for learning fosters intellectual growth.

PREVENTING CHILD ABUSE TOGETHER

As we embark on this summer journey, we invite you to continue your commitment to ensuring every child is safe, supported and empowered. Your generosity is why at-risk children in South Florida are receiving valuable resources.

Thank you for being a bright shining hope for children and families in need. We look forward to continuing this important work together and making a lasting impact.

Bethany Lacey
Executive Director

Welcome New Board Members



Carol Rodriguez

Q. Why did you become involved with Boys Town South Florida?

A. *I am a former employee with a 15-year tenure. I got my start in human services at Boys Town and I am grateful for the opportunity and experience I gained. I have great respect for the organization, its mission and the research-based work they do to help change the way America cares for children and families.*

Q. What do you wish other people knew about Boys Town?

A. *Their programs are evidence-and research-based, highly structured and work! They truly make a difference.*

Q. What is your favorite program/service that Boys Town South Florida provides?

A. *In-Home Family Services because that is where I worked for 15 years. I helped launch the program in South Florida and was the first "Family Consultant" hired in 1991, when Boys Town expanded to South Florida. I know this program/service has helped hundreds, if not thousands, of South Florida families.*

Q. What will others be surprised to know about you?

A. *I was adopted as a baby and I am a staunch advocate for the blessing of adoption.*

Q. Favorite Quote:

A. *The serenity prayer: "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."*



Nadia Islam

Q. Why did you become involved with Boys Town South Florida?

A. *I first heard of Boys Town South Florida through their Executive Director Bethany Lacey, who was a member of my Leadership Palm Beach Class in 2023. I was interested in a non-profit that was actively delivering mental health services to vulnerable and at-risk populations, especially at home, in a post-covid world where so many of children's needs have been abandoned.*

Q. What do you wish other people knew about Boys Town?

A. *Boys Town serves the most at-risk youth and families in the region, but it also provides much needed therapy services to all families who are trying to provide mental health services for their children, but are limited by insurance constraints. Anyone using insurance can receive therapy and other mental health services at Boys Town and know that they are receiving quality care in the hands of highly educated, compassionate professionals, who are driven to serve their community, rather than enhancing profitability.*

Q. What is your favorite program/service that Boys Town South Florida provides?

A. *This is a personal choice, but family group therapy through their Outpatient Behavioral Health Clinic is such an exceptional tool. When families go through difficult and life altering transitions, such as death or divorce, gently guided conversations in the presence of a compassionate mental health professional can be the difference between growth or regression. It was an absolute blessing for my family as we went through a difficult period.*

Q. What will others be surprised to know about you?

A. *I think people are surprised to find that I love the cold and the mountains and I am not particularly fond of the ocean or the warm weather.*

Q. Favorite Quote:

A. *"And still, after all this time, the Sun never says to the Earth, you owe me. Look what happens with a love like that. It lights up the whole sky" - Hafiz*

The Story of Oscar:

How Implementing Evidence-Based Skills Can Transform a Family

Are you frustrated with your child's repeated disobedience? Has yelling at your kids become more common than you wish to admit?

Veronica is Oscar's mom. Oscar is seven years old and was struggling with troubled behaviors at home and school, including not following directions or controlling his emotions. Despite only being in second grade, Oscar's misbehaviors had led his teachers to contact Veronica several times and they even suggested that Oscar move to a different school that would be better suited for his behavioral outbursts. They also recommended that Oscar's family seek help from Boys Town.

Oscar's mother opted to reach out to Boys Town South Florida. After our admission specialist evaluated their situation, it was determined the In-Home Family Services program, designed to equip parents with the necessary tools, resources and strategies to support their children, would be the most beneficial for Veronica and her family.

Boys Town Family Consultant Claudia provided weekly home visits to Oscar's home and shared essential skills and resources with the family, including Oscar's stepfather. A significant element that was vital for the family's turn around was Veronica's relationship with her husband, which was taking a toll due to Oscar's ongoing misbehavior. Throughout the program, Veronica was able to improve her ability to communicate with her husband and encourage him to support her in this new parenting approach.

As a result, Veronica felt more confident in herself and in her marriage, improving the whole family dynamic. She is now able to identify the importance and purpose of observing Oscar's behavior as a tool to praise her son when she sees him doing well and to correct his behavior when he needs

to improve. Veronica also has improved at keeping herself calm in addressing misbehaviors and giving the proper consequence or reward.

Over time, Oscar was able to improve his choices, such as following directions and having better self-control.

In addition, the Family Consultant shared with Oscar's mom the importance of setting healthy routines, especially for homework time, which was usually a big issue since Oscar was incredibly against doing homework.

Together, Oscar's mom and the Family Consultant redecorated a table to make it Oscar's workstation at home and added his name to it, which helped the young boy feel ownership. Having a special place just for him, where his mom offered snack

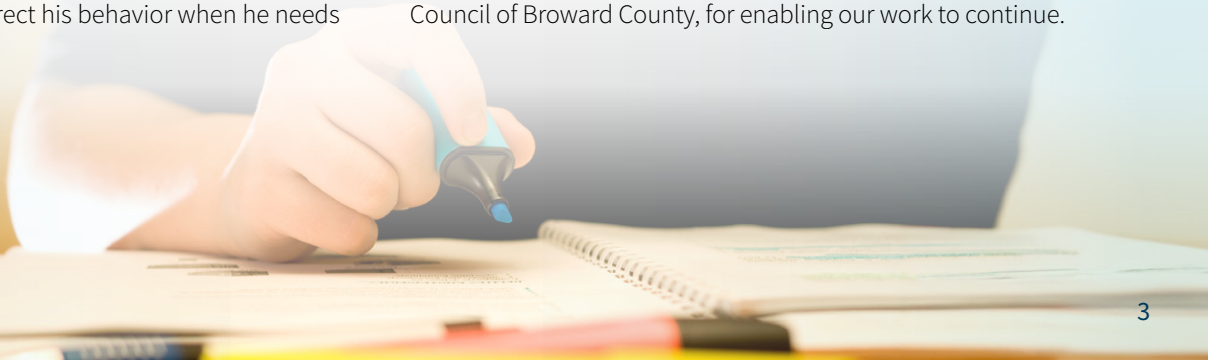
breaks between homework assignments, helped Oscar feel supported. He started to look forward to going home after school, and he rarely left homework undone.

Before finishing the program, Veronica enrolled in training through a university's parenting program for children with ADHD. She also wanted to support her children's academic progress further, so she registered for online classes to learn English through the Rosetta Stone program with her local library. The family will continue to flourish with the help of the tools and resources they've received to build a healthy and positive environment for their children to grow.

In-Home Family Services help families create stronger, healthier, and happier relationships with their children. Empowering parents to address children's misbehavior in a positive way sets the entire family up for success. We want to extend our heartfelt thanks to our funders: Communities Connected for Kids, Children's Services Council of Martin County, The Jim Moran Foundation, and Children's Services Council of Broward County, for enabling our work to continue.



Boys Town's In-Home Family services equip parents with the necessary tools, resources and strategies to support their children.





The Power of Praise with Actor Trent Garrett and West Gate Elementary School

In March, Boys Town South Florida was excited to host and spend time with actor Trent Garrett at West Gate Elementary School, one of the schools where we have our Lift with Boys Town program. We joined forces to remind folks how powerful it is to praise children! Trent, a close friend of Boys Town, engaged with the students as they learned about the impact of positive words on their lives and the lives of others. The school's educators collaborated with Boys Town experts to share an interactive lesson plan. Together, they guided the children in creating "Praiselets" — bracelets designed to serve as reminders of the importance of self-praise.



When we praise children, we acknowledge their efforts and achievements, no matter how small.

This recognition boosts their self-confidence and motivates them to continue to want to do well. Moreover, praise fosters a positive relationship between adults and children, creating a nurturing environment where children feel valued and supported. Praise helps kids thrive!

"When an adult praises a child four or more times, that child will likely repeat that praised behavior," shared Bethany Lacey, Executive Director of Boys Town South Florida. "Research from Boys Town demonstrates that positive praise, both in school and at home, significantly contributes to children's success."



At Boys Town South Florida, we teach parents, teachers and any caregivers in a child's life the 4 to 1 ratio. For every corrective interaction with a child, there should be at least four instances of praise or positive reinforcement. By following Boys Town's 4 to 1 ratio, we can create a supportive environment that nurtures children's growth and well-being!

Boys Town South Florida has partnered with The School District of Palm Beach County through our LIFT Together program to help more students thrive academically.



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For more great stories, visit BOYSTOWN.ORG/south-florida

Since opening in 1991, Boys Town South Florida has impacted the lives of over 66,000 children through life-changing care to area youth and families. This care includes behavior and mental health, social and emotional support for families with children, school support services, positive parent-child interactions, home visits for families focusing on language and pre-literacy skills, improvement in students' adjustment to school, and parent training.

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our mission
Changing the way America cares
for children and families.