

Clara's House Wish List

These wishes can come true by your gracious donation. Please consider giving to fulfill one or more of the wishes below. Each and every gift makes a difference. Thank you!

Self-Soothing Tools for Children and Adolescents:

- _____ Meditative Coloring Journal (\$15)
- _____ Yoga Mat (\$15)
- _____ Hand Tools for Calming (\$5-10)

Recreational Therapy:

- _____ Soccer Goals for Soccer Field (\$2,000)
- _____ Pedal Car (\$75)
- _____ Pogo Stick (\$60)
- _____ Speed and Cup Stacks to use in cooperative group activities (\$10)

Occupational Therapy:

- _____ Therapeutic Listening Headphones (\$145)
- _____ Oral Motor Tools (\$100)
- _____ Howda Hug Sensory Seat (\$70)
- _____ Sensory Body Sock (\$55)
- _____ Weighted Blanket (\$50)
- _____ Compression Vest (\$50)
- _____ Therapeutic Listening CD (\$45)
- _____ Move'n'Sit Cushions (\$30)
- _____ Vibrating Pens (\$20)
- _____ Calming Tool Bag (\$10)

Treatment:

- _____ \$20 Therapeutic DVD (\$20)
- _____ Meditation Book (\$10)
- _____ AA or NA Book (\$10)

Facility:

- _____ Bench for the Patio (\$250)
- _____ Plants for Therapeutic Gardening (\$100)
- _____ Magazine Subscriptions (\$50)

Play Therapy Room:

- _____ Coloring Books and Crayons (\$10)
- _____ You and Me 16" Giggles & Coos (\$10)
- _____ African American Doll (\$10)
- _____ Bugville Live Butterfly Treehouse (\$10)
- _____ You & Me Baby doll care accessories (\$10)
- _____ Fisher-Price Loving Family Doll house Playset – puppy (\$10)



- **Mental health problems affect one in every five young people at any given time.**
- U.S. Department of Health & Human Services
- **1.3 million adolescents ages 12-17 have a serious drinking problem.**
- National Institute on the Abuse of Alcohol and Alcoholism
- **Suicide is the second leading cause of death of 15 to 24 year olds and the third leading cause for 10 to 14 year olds**
- National Institute on the Abuse of Alcohol and Alcoholism

For more information about Clara's House, contact Deb Stueve at 320-229-5199, ext. 79934 or stueved@centracare.com

Continued on back

St. Cloud Hospital
CENTRACARE Health System
Behavioral Health

1406 Sixth Avenue North
St. Cloud, MN 56303-1901

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Clara's House NEWS

Clara's House



Mae Ellingson-Skalicky

I am so proud to be part of this wonderful place we call Clara's House. Let me share with you the dream which became a reality with the help of many people — children who struggle with behavioral issues and chemical dependency.

Clara's House originated as a dream of Read Sulik, MD, the first medical director for child psychiatry at St. Cloud Hospital. Dr. Sulik's dream was to build a special building to help children and adolescents who struggle with mental health problems and adolescents who have alcohol and chemical dependency addiction.

He envisioned a day treatment program that would include child psychiatrists and psychologists, nursing staff and social workers and an educational component so youth would not fall behind in their school work.

Once Sulik had the plans finalized for Clara's House, all that remained was securing private funding to make it a reality. I was passionate about helping the children of this community — so passionate that I gave \$1 million to turn Sulik's dream into a reality. The entire community responded with generous support; raising more than \$3 million for the facility.

Clara's House, named after my mother, Clara Ellingson, opened its doors in October 2004. More than a thousand families have been helped at Clara's House since it opened. To prove how desperately Clara's House was needed, there still is a waiting list today!

Now to what Clara's House does. Just the name tells the story, it was designed to feel and look more like a home than a hospital



Clara Ellingson

or institutional setting. The children seem to see and feel the difference. They respond quickly to this type of environment and the personal attention they need. Youth are provided structure in which to develop new habits to help them live healthy, happy, productive lives. Some receive the medication they have needed so self medication with street drugs and alcohol stop. Programs equip youth with healthy coping skills and tools to manage their behavior, emotions and addictions in their daily lives.

Clara's House transforms youth, families and communities. We give HOPE to families.

Clara's House provides a new start and an opportunity for youth to choose a different path.

- Mae Ellingson-Skalicky

In their own words – "Clara's House is a miracle and lifesaver. My son and I went to Clara's House after every effort was made for my son through the court system."

My son was an alcoholic at age 17. When I first brought him to Clara's House I was so scared for him; I didn't know what would happen to him; what he would have to go through and I was worried about his safety.

Clara's House was my son's last option. He had two minor charges and two disorderly conduct charges pending. I knew, as his mother, I had to do something. I remember my son looking at me and telling me that he didn't need this and that he would stop on his own. Now, my son says that, "Clara's House was the best thing for me and saved my life."

Clara's House was our lifesaver in many ways. It brought my son and me closer. We had always been close through the years — as a single parent you get very close to your children, but Clara's House did something different for us. They had us open up to each other like I have never done before in my life. I learned things about my son and about myself. We learned so much about my son's disease and they did it in a way that teenagers could understand.

When we first met my son's counselor, I knew that she would be perfect for us. She was very caring and listened to both of us carefully. Still today, my son walks through the door at Clara's House and right away wants to see his counselor!

My son has been home now for two months and our relationship is amazing. We are building trust and we are building a mom and son relationship again. My son comes home sober and when he walks through the door the very first thing he says is, "I love you mom" and hugs me.

Every single person at Clara's House is an angel sent from heaven! You have saved my son's life and you gave me back mine! Thank you all for everything! You will always be in our prayers.

- Parent of youth from Clara's House

St. Cloud Hospital
CENTRACARE Health System
Behavioral Health

STICKIN' TO IT



Thank you to our sponsors, benefactors, attendees and volunteers, for a very successful benefit for Clara's House. Because of your generosity, more than \$55,000 was raised.



"You can't address a child's mental health problem or an adolescent's addiction by knowing a statistic. Mental health issues and addiction do have a face; they have many faces; they affect all of us. There is no quick fix; there is no magical cure; recovery takes time. It's about taking life one day at a time, sometimes one hour or one minute at a time. It's about making better choices. It's about hope. That's what Clara's House is about – HOPE."

- Peggy Carlson

Presenting Sponsor (\$25,000+)

The Clara Foundation, Mae Ellingson-Skalicky, President

Underwriter (\$5,000+)

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"And so it's you, really, who are holding out those all-important guiding hands. It's you who are pointing the way for children and families who may be in a very dark place. These kids can beat the odds. They need knowledge, support, comfort, friendship and every tool they can find to keep themselves healthy in mind, body and spirit. And you are offering that to them."

- Marya Hornbacher



Clara's House Committee

Peggy Carlson (chair)
Barb Anderson
Karie Belling
Andrea Brasel
Jean Dotzler
Mae Ellingson-Skalicky
Kendra Hagen
Tracy Ketzeback
Katie Kinzer
Catherine Laubach
Lori Long
Jenny Moores
Annie Nelson
Julie Nelson
Chuck Nielsen
Susan Roberts
Briana Ross
Stephanie Rudningen
Joyce Schlough
Deb Stueve
Melissa Torborg
Judy Whitlock
Judy Witt



Clara's House Wish List

Continued from other side

____ Lego City Corner (\$60)
____ Lego Community workers (\$50)
____ Lego Duplo World People Set (\$40)
____ Lego Off Road Fire Truck and Fire Boat (\$40)
____ Lego Large Pink Brick Box (\$20)
____ Lego Road Construction Set (\$20)
____ Lego Dump Truck (\$20)
____ Road mat for floor play (\$20)
____ Matchbox 20 Car Pack (\$20)
____ Matchbox City Action Auto Garage (\$20)
____ Fisher-Price Little Mommy Cuddle & Coo Doll – Caucasian in pink outfit (3) (\$20)
____ Fisher-Price Little Mommy Sweet as Me Hispanic Boho Doll (\$20)

YES, I want to make a difference for the children and adolescents at Clara's House! Enclosed is my gift of \$_____.

PAYMENT

____ My check/cash is enclosed.

____ Please bill my credit card.

Visa MasterCard American Express

Please circle one. We do NOT accept DISCOVER.

Acct # _____-_____-_____-_____

Exp. Date _____

Signature: _____

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

E-mail address: _____

RETURN ADDRESS:

Make checks payable to:
CentraCare Health Foundation

Mail to:
CentraCare Health Foundation
1406 Sixth Avenue North
St. Cloud, MN 56303