



NEWS RELEASE

For more information, contact Christina Eggink-Postma
VP Program Coordination and Compliance
Phone: 1-800-242-5101 | E-mail: cegginkpostma@seasonscenter.org

November 26, 2018

For Immediate Release

Seasons Center Receives Grant from the O'Brien County Community Foundation for Playground at Therapeutic Camp

Spencer, IA – Seasons Center for Behavioral Health received a \$7,000 grant from the O'Brien County Community Foundation/Siouxland Community Foundation for outdoor playground equipment for Camp Autumn. Camp Autumn is a therapeutic camp for children, located at 4233 Yew Avenue in Sutherland, Iowa. Camp Autumn, an extension of Autumn's Center, a regional children's center located in Spencer, Iowa, served over 140 children through nine weeks of summer day camps in 2017 and over 200 children in 2018.

Playgrounds offer tremendous learning opportunities to kids of all ages, helping them develop and build physical, emotional, social, and cognitive skills. For example, running across a bridge and through tunnels helps improve gross motor skills and balancing skills. Having unstructured free play, such as what occurs on playgrounds, helps build self-confidence and the ability to release emotions. Time spent playing with friends helps a child build their social and relationship-building skills and playgrounds give opportunity for both group interaction and solitary play skills. Research shows that play also helps children develop judgement, reasoning, and creativity skills.

"We are extremely grateful to the O'Brien County Foundation for this wonderful gift," said Kim Scorza, CEO/President of Seasons. "Due to this gift and in partnership with private donors this playground is going to be used to help children grow and develop into healthy adults."

All of this is particularly important for a child that has experienced trauma and may need additional support and growth in these areas. This project provided the needed resources to assist in purchasing and installing commercial grade, safe playground

equipment. Funding from the O'Brien County Community Foundation made the purchase of a playground at Camp Autumn a reality.

"There is no greater joy than for us to have a small part in making a child's life a little better so thank you to all involved in the O'Brien County Foundation. We appreciate you!" added Scorza.

The day camps at Camp Autumn include group therapy, skill development, and structured activities to help the children in their healing. The playground was installed in late July 2018, and was available for use by children attending the final two weeks of the 2018 summer camp program that runs from June through the first week of August. The playground will also be available for other events hosted throughout the year, as well as campers attending future summer day camps.

Seasons is a non-profit organization and has been providing a broad range of psychiatric and behavioral health services to people and communities in Northwest Iowa since 1959. Seasons strives to provide exceptional care to children, families, and adults through skilled, dedicated, and passionate employees who use evidence-based treatment practices and innovative treatment techniques.

For more information on Camp Autumn and Seasons' services, please visit our website at: www.seasonscenter.org and Facebook page www.facebook.com/SeasonsCenterForBehavioral.Health

- 30 -

Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit www.seasonscenter.org or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit www.avera.org.