

*Guiding individuals and families towards a meaningful and fulfilling life.*  
Spring 2014

## Famous Cake-Maker to Headline Summer Event

**D**uff Goldman, star of Food Network's hit series "Ace of Cakes" will headline Seasons' second annual fundraising event on Saturday, June 14. The event is part of Seasons' 55th Anniversary Celebration.

After graduating from college with degrees in both history and philosophy, Goldman changed his course and moved from Baltimore, Maryland, to Napa Valley, California to study pastries. He worked under acclaimed pastry chefs, and was the Executive Pastry Chef of the Vail Cascade Hotel and Resort in Vail, Colorado.

Goldman moved back east, where he worked and eventually fulfilled his dream and opened Charm City Cakes - in his apartment.

Charm City Cakes generated a lot of attention from the public and the media for its eccentric cakes, and quickly grew out of

Goldman's apartment. An old, converted church became the new home of Charm City Cakes, and still serves as the hub of the unusual cake creations.

In 2006, Food Network signed a television contract with Goldman and his team of pastry chefs, painters, architects, and sculptors for what is now a renown television series. The show, entitled "Ace of Cakes" is popular in over 40 countries across the world.

Goldman and his work have also been featured on other Food Network series, including his show "The Best Thing I Ever Ate", and many other day-time, late-night, and daily news stations.

Tickets for Seasons' event with Duff Goldman are available for \$75 each, and can be purchased online at [www.seasonscenter.org](http://www.seasonscenter.org).

**DUFF**  
goldman

Saturday, June 14, 2014  
5:00 p.m.  
Boji Bay Fun House Pavilion  
Milford, Iowa

## Designation as Integrated Health Home Provider

Magellan Behavioral Health Services of Iowa has designated Seasons as the Integrated Health Home (IHH) provider for adults and children in the following counties: Clay, Dickinson, Emmet, Lyon, Osceola, O'Brien, and Palo Alto. The designation was received in March.

An Integrated Health Home is a team-based health care delivery model that provides comprehensive, continuous care to people with the goal of obtaining maximized health outcomes. The community IHH is designed to utilize a team that includes nurses, social workers, and peer and family support specialists.

As an IHH provider, Seasons will deliver the following services using an individual/family-centered, strengths-based approach: comprehensive care management, care coordination using wraparound approach, health promotion and wellness prevention activities, comprehensive transitional care, individual and family support services, and referrals to community and social support services.

IHH is an additional service available to Medicaid members. They can keep all existing services, such as therapies, medication management, Behavioral Health Intervention Services, and habilitation services. Members can receive their IHH care coordination activities from the team at Seasons, while still receiving services from one or several other mental health and substance abuse services agencies.

## Seasons' Leadership Team

Kim Scorza  
Executive Director

Dan Ries  
Director of  
Finance &  
Human Resources

Dr. Natalie Sandbulte  
Director of Clinical Services

Jason Low  
Director of  
Information Technology

Jean Drey  
Director of  
Program Development

Stephanie Patten  
Director of  
Project Development

Christina Eggink-  
Postma  
Director of Program  
Coordination & Compliance



**H**appy Spring!! It is truly amazing how fast things are changing outside with lawns getting greener and of course the area lakes have thawed. Things are also moving quickly at Seasons Center for Behavioral Health.

We have been working very hard on winding down our capital campaign for our regional children's center, preparing for integrated health homes, finalizing our efforts to bring in our second celebrity T.V. chef, Duff Goldman from Ace of Cakes, as well as expanding our substance abuse department from two employees to six in this last year.

We have been very blessed with the support of an amazing advisory board who have helped set the stage for programmatic excellence in children's services. We have three new board members, Brook Nolin, Joe Muetting, and Phil De Koster; each bringing with them a diverse background that lends itself nicely to the furtherance of our strategic plan.



As we move forward over the spring and summer we are certain that our advisory board members stand ready to guide the efforts of our leadership team and our employees in public relations and fund development to ensure we are meeting the needs of our most vulnerable population....our children!!!

Sincerely,

A handwritten signature in black ink that reads "K. Scorza".

Kim Scorza  
Executive Director

## Donating to Seasons

Consider making a charitable contribution to Seasons to aid us in our mission of guiding individuals and families towards a meaningful and fulfilling life.  
Learn more at [seasonscenter.org/makeadonation](http://seasonscenter.org/makeadonation)



## Innovative Marketing and Outreach

2014 began with our first Kids' Carnival held on Saturday, January 25 as part of the 2014 Winter Games Celebration. The event was held at the Boji Bay Fun House Pavilion in Milford, which houses the historic Arnolds Park slide, creating great enthusiasm from kids and adults alike. Activities also included a jumpy house, photo booth, face paint, prizes, hot chocolate and more! Over 750 children and their families participated in the event. We are already planning for next year's event!



Once again, we participated in the Annual Family Fest held at the Clay County Regional Events Center in Spencer on Saturday March 7, 2014. It was great to be a part of this community event that focuses on children and families in a fun-filled environment!

"It is so exciting to be out in the community and share information about Seasons. It is heartwarming to hear the personal stories from families who stop at our booth to share how the services received at Seasons have positively impacted their life". -Candace Van Marel, Marketing/Event Coordinator.

Despite the cold and snowy winter weather during February, Seasons continued to network with health, human service, and education entities in our nine county region! Information regarding Seasons' current, new, and emerging programs and services are shared with the delivery of a "cookie platter"!



## Trauma-Informed Care

Harnessing the desire to create a regional system of trauma-informed care, Seasons is pleased to announce planning is well underway to once again offer several community awareness events to be held this summer, as well as a regional training event this fall.

If you are interested in learning more about these events and/or to learn more about becoming a trauma-informed organization, please visit our Facebook page or contact us through our web page at: [www.seasonscenter.org](http://www.seasonscenter.org).

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## New Storm Lake Office Offers Ample Space



Located at 608 Geneseo in Storm Lake

With an increase in service numbers and a significant need for additional space, Seasons moved to a new office location in Storm Lake. Following indoor renovations, Seasons services started at the new location on March 10th.

The new space offers four offices for service providers, a PCIT (Parent Child Interactive Therapy) room, and a group meeting room.

With an increase in space, Seasons was able to secure additional providers to work out of the Storm Lake office, including a substance abuse counselor and clinical psychologist.

"We're excited about the new space and feel it will allow us to provide more extensive services to our clients in Storm Lake and surrounding areas," says Stephanie Patten, Director of Project Development.



Meet some of our providers in Storm Lake: Jan Pingel, Substance Abuse Counselor, Cheryl Lyon, Therapist, Dr. Lisa Matthews, Clinical Psychologist and Trevor Wolterstorff, Psychometrician.



## New Service Programs Launched

### Nurturing Parenting Programs - Building Positive Parenting Skills

Seasons has partnered with Lakes Area Decat to offer Nurturing Parenting Program (NPP) services. Through this partnership, the NPP services are being offered in Clay, Dickinson, O'Brien and Osceola Counties. The NPP is a family-centered initiative designed to increase the health and well-being of children and families. The services are designed to be offered in-home and are on a voluntary basis. The NPP has qualified nationally as one of SAMHSA's registered Evidence-Based Programs & Practices ([www.nrepp.samhsa.gov](http://www.nrepp.samhsa.gov)). Additional information on the NPP can be found at [www.nurturingparenting.com](http://www.nurturingparenting.com), specifically the Nurturing Skills for Families program.

"We are excited to partner with Lakes DCAT and offer new services to the families in northwest Iowa." - Christina Eggink-Postma, Dir. of Program Coordination and Compliance.

### Specialized Substance Abuse Services - Focusing on Results

Through funding from Lakes Area Decat, Seasons began offering specialized substance abuse treatment services in February 2014. The specialized services include emergency substance abuse evaluations, mental health and trauma screenings, outpatient services, care coordination, and family meetings.



Nicole Wesselink,  
Substance Abuse Counselor

A key element of the project is the ongoing communication and coordination that occurs between the substance abuse counselors and the Department of Human Services (DHS). Individuals eligible for these services are limited to DHS clients living in Clay, Dickinson, Osceola, and O'Brien counties. Clients must be referred through DHS in order to receive these specialized services.

"We know that the need for substance abuse and mental health services is growing, and we're grateful for the opportunity to serve individuals within the Lakes Area Decat and DHS." - Brenna Koedam, LMHC, IADC, Substance Abuse Supervisor, Seasons.

### Prime For Life Classes: Offering Assistance in Fulfilling Department of Transportation Requirements

Seasons now offers the Iowa Department of Transportation's (DOT) Prime for Life class. The class fulfills the required 12-hour alcohol and drug education class after a loss of driver's license due to OWI or zero tolerance charges. Classes are offered on the first weekend of each month in either Spencer or Sheldon.

## Advisory Board Members

Steve Grell  
Spencer, Iowa

Joe Muetting  
Spencer, Iowa

Brook Nolin  
Dickens, Iowa

Shelli Overman  
Rock Rapids, Iowa

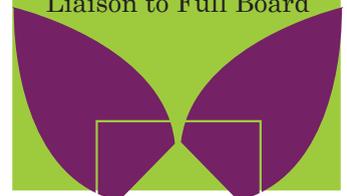
Phil De Koster  
Hull, Iowa

Brea Schmidt  
Spencer, Iowa

Bruce Tamisiea  
Spirit Lake, Iowa

Erin Vander Velde  
Sioux Center, Iowa

Del Brockshus  
Spencer, Iowa  
Liaison to Full Board



*our values*  
innovation  
impact  
influence

*our vision* Best in the Midwest in Behavioral Health