



A community mental health center for
CHILDREN &
families

WASHBURN

CENTER FOR CHILDREN

where to turn for help

TWIN CITIES FAMILIES AND KIDS “WIN” AT WASHBURN CENTER FOR CHILDREN’S INAUGURAL WASHBURN GAMES

*More than 100 kids participated in first-ever sporting event and fundraiser to benefit
children’s mental wellness*

MINNEAPOLIS – Oct. 6, 2010 – [Washburn Center for Children](#), a 127-year-old Twin Cities-based health center for children with social, emotional and behavioral problems, hosted more than 100 kids and their families on Sunday, Oct. 3 and netted \$40,000 in donations at the inaugural [Washburn Games](#), a benefit for the organization’s children’s mental wellness services.

The event – a non-competitive “sports sampler” allowing kids to test their skills in 15 different sports activities – focused on giving kids an opportunity to give back to the community by providing hope and support to their peers who struggle with depression, anxiety, loss, trauma or other mental health issues. Allianz sponsored the inaugural event at the gold level; Success Computer Consulting at the silver sponsor level; and 15 other Twin Cities companies also donated to make the event possible.

“We are thrilled with the enthusiasm and commitment of all our Washburn Games volunteers, sponsors and supporters,” said Steve Lepinski, executive director of Washburn Center for Children. “But we are especially proud of all the kids who showed they could give back to the community and have a great time doing it.”

One out of every five children and adolescents experience the signs and symptoms of mental health difficulties, including more than 70,000 kids in Minnesota, but only 20 percent of those children will get the help they need. When children receive early treatment for emotional and behavioral issues at a community health center like Washburn, they do better in school, build better relationships and are able to focus on being a kid.

“It is surprisingly easy for kids to rally behind mental wellness. Most of our Washburn Games participants had experience dealing with a classmate, sibling or friend who felt sad or angry and didn’t know why,” Lepinski said. “Even the youngest kids at the Games had an appreciation for what it meant to be giving back to the community and helping kids like themselves be more successful in life – the depth of compassion was remarkable to see.”

Children and families at the Washburn Games were asked to raise \$100 in donations on behalf of Washburn Center for Children or pay a \$10 registration fee. Participants who raised a minimum of \$100 for Washburn qualified for a variety of prizes including two \$1,000 higher education scholarships. All participants received a Washburn Games t-shirt, medal and gift bag upon completing the event. Five-year-old Connor Morrey won a \$1,000 educational scholarship for raising the most donations for Washburn.

“Physical fitness and mental health wellness go hand-in-hand,” said Mike Brennan, a Washburn board member and chair of the Washburn Games. “When kids are strong and confident - emotionally and intellectually - they can do anything in life. The Washburn Games were born out of this connection, and we are grateful to live in a community that values both mental and physical health wellness.”

About Washburn Center for Children

With more than 127 years of experience in assisting high-risk children in the Minneapolis area, Washburn Center for Children is a leader in helping children with social, emotional and behavioral problems and their families. As a community mental health center focused on children’s mental health, Washburn strives to integrate innovative research into program practice, implement meaningful evaluation methods and provide effective training and consultation for agency staff and community collaborators. www.washburn.org

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