



Camelot
Community Care

Growing Together
Spring 2026 Newsletter

Newsletter Challenge
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CHANCE TO WIN
\$60



Supporting children and families to realize their fullest potential.



A Season of Growth and Wellness

Spring is a season of growth, reflection, and renewal—and at Camelot, that couldn't be more true. Every day, our teams are helping children and families navigate challenges, build resilience, and find stability in moments that matter most.



Wellness



Connection



Resilience

In this Spring edition, we're highlighting the people, programs, and practices that make that work possible—from the impact of dedicated leaders to tools that support our personal well-being and the well-being of the families we serve.



Staff Spotlight: Donna Koncinsky

For more than 20 years, Donna Koncinsky has been a steady, compassionate force at Camelot Community Care. As Program Director of the Family Services Planning Team (FSPT), she leads work that often happens behind the scenes but changes lives in powerful ways. Donna and her team focus on one goal: keeping children safely at home and connected to their families and communities. Through creativity, persistence, and a deep belief in every child's potential, she has helped countless youth avoid higher levels of care and find stability where it matters most. Her leadership is hands-on, her impact is lasting, and her commitment to both families and staff continues to shape the heart of Camelot.

"If we can keep kids at home and supported, that's the best outcome."



DONNA KONCINSKY
LEADING WITH HEART

Decades of Impact

More than 20 years of service

Purpose-Driven Work

Keeping kids safely at home

Creative Solutions

Beyond traditional services

Leadership in Action

Supporting staff every day

Creating Lasting Moments

Turning points that change lives



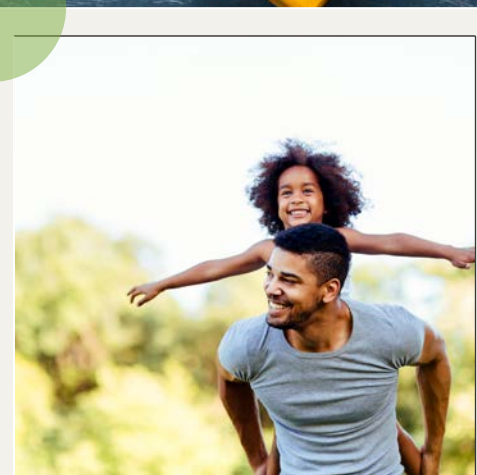
Program Feature: Adoption Support

Families don't need perfection—they need support, consistency, and grace.

Through our **Adoption Support** program, Camelot creates space for families to learn, grow, and navigate challenges together. One recent **Facebook Live** training session focused on a powerful idea: **shifting from perfection to progress.**

Key Takeaways:

- Progress matters more than perfection
- Small, realistic goals create lasting change
- Focus on one goal at a time
- Plan for setbacks—because they will happen
- Success can look like shorter meltdowns, faster repair, and stronger connection





Program Feature: Adoption Support (cont.)

From Perfection to Progress

Most families want to do better, but chasing perfect outcomes often leads to burnout, frustration, and unrealistic expectations.

Shift the Focus

Perfection says:

- “We will stop yelling” & “Every night will be calm”

Progress says:

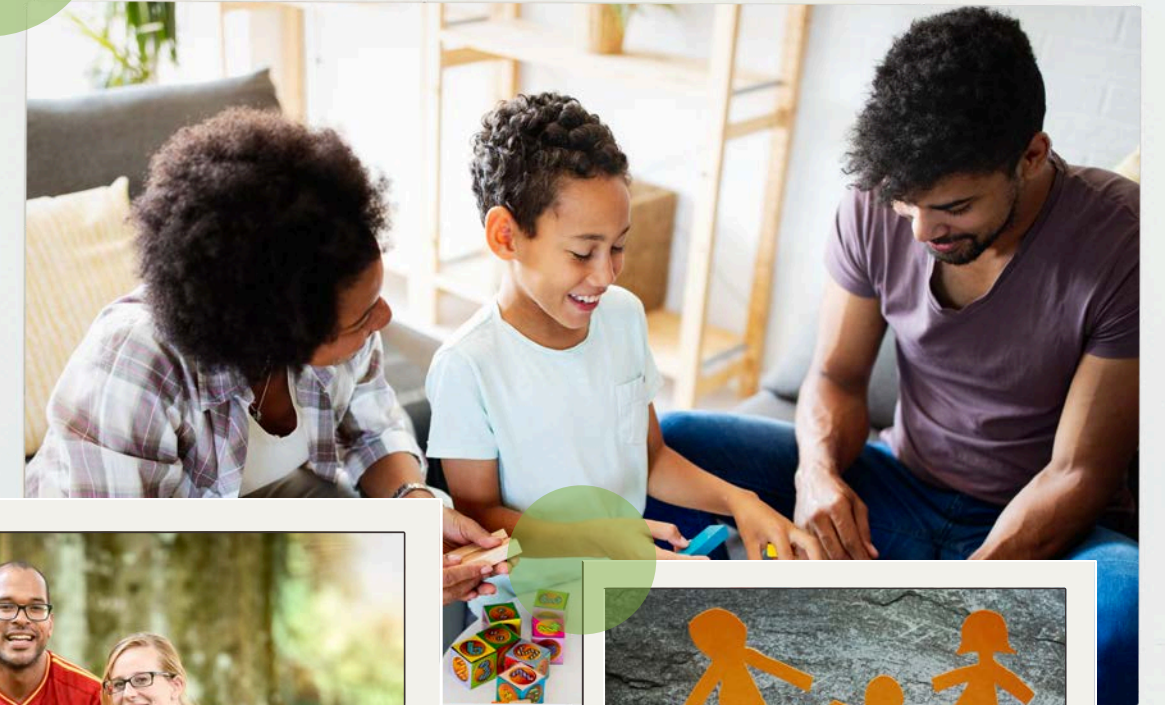
- “We are working toward calmer nights” & “We recover faster after hard moments”

Start with What’s Realistic

- Consider your family’s capacity right now
- Mental health, schedules, and stress all matter
- If it can’t hold up on a hard day, it’s not sustainable

Keep It Simple

- Focus on one goal at a time
- Make it small, clear, and doable
- Include your children in ways that fit their age and voice





Program Feature: Adoption Support (cont.)

Building Goals That Last

Use the SMART Approach

- **Specific** - clear and easy to understand
- **Measurable** - progress you can see
- **Attainable** - possible, even on tough days
- **Relevant** - meaningful right now
- **Time-specific** - try, reflect, adjust

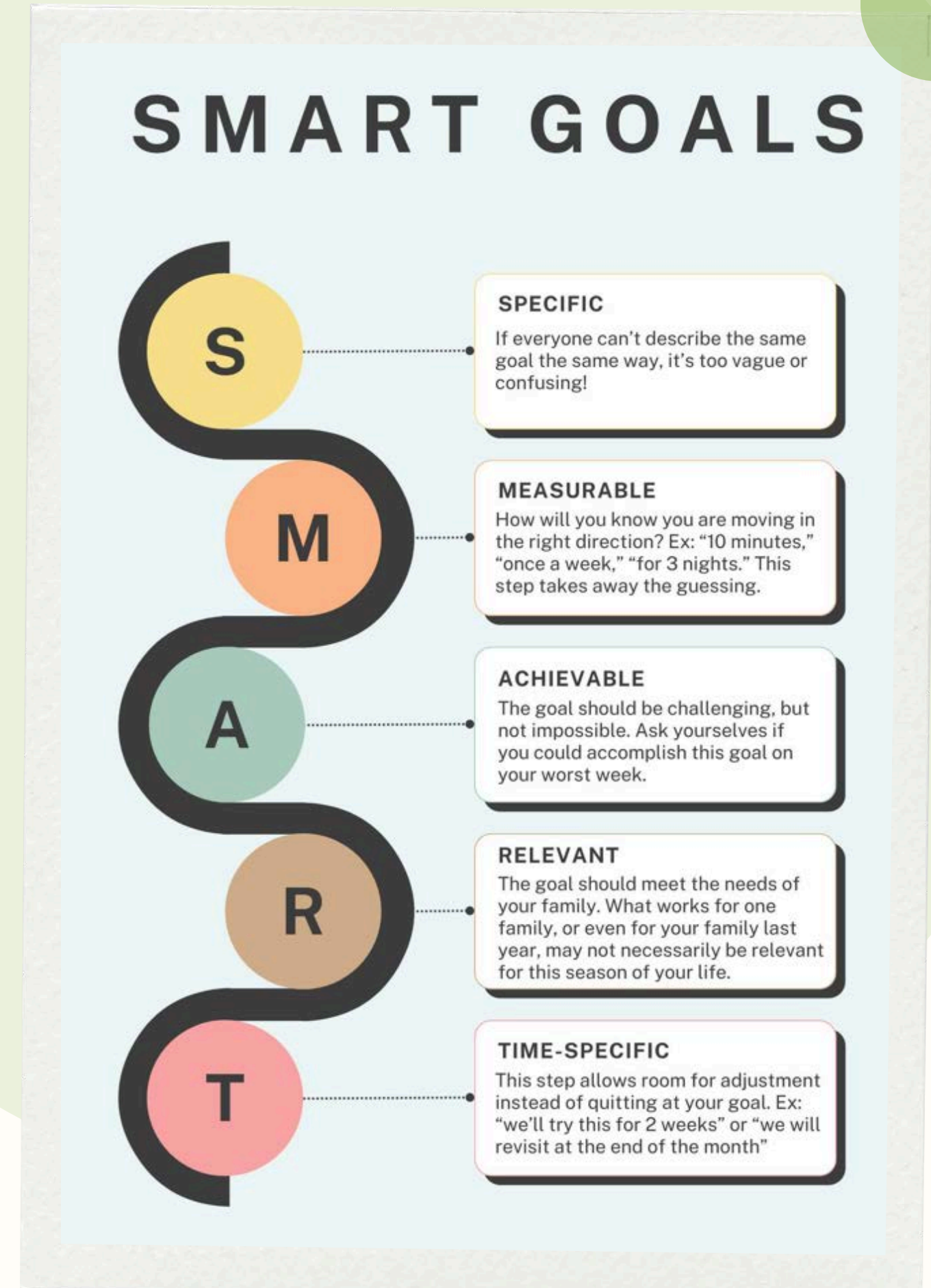
Plan for Real Life

- Hard days will happen
- Missing a goal isn't failure—it's part of the process
- Focus on repair, not perfection

Redefine Success - Success might look like:

- Shorter meltdowns
- Faster recovery
- More understanding
- Less shame

Connected, Resilient Families > Perfect Families

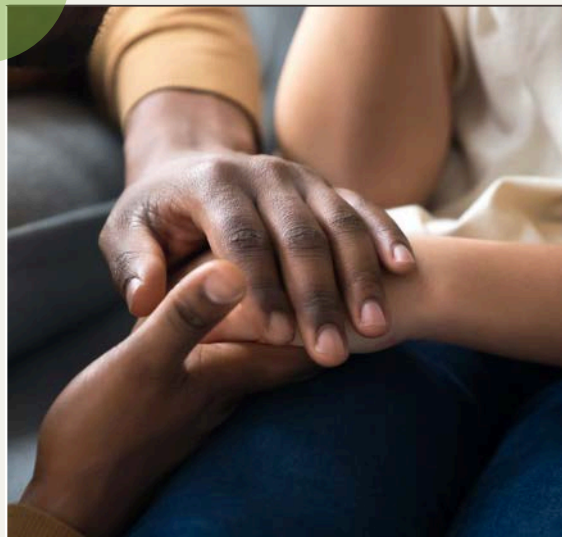
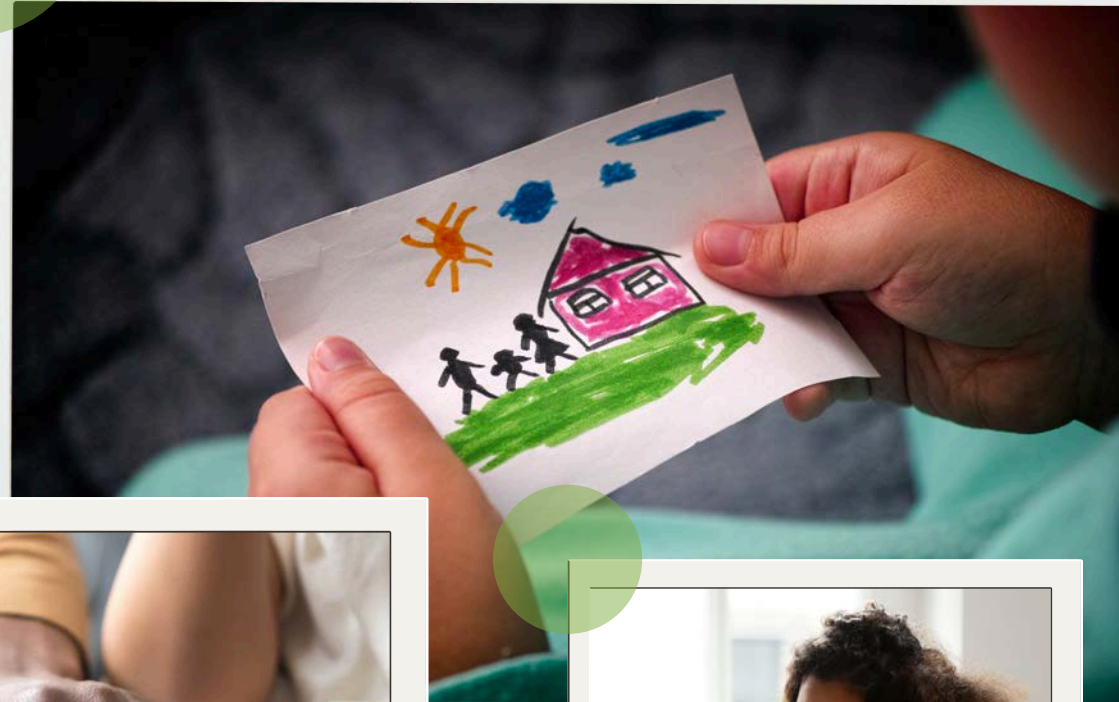


Wellness Feature: Preventing Burnout

Supporting Ourselves So We Can Support Others

The work we do at Camelot is meaningful—but it can also be heavy. Supporting children and families through difficult moments takes emotional energy, patience, and resilience. It's important to recognize that feeling overwhelmed at times is not a weakness—it's human.

Burnout doesn't happen all at once. It builds over time when we give more than we have the capacity to sustain. Taking care of ourselves is not stepping away from the mission—it's what allows us to keep showing up for it.

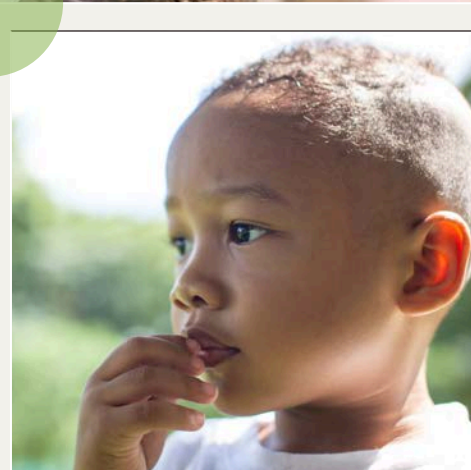
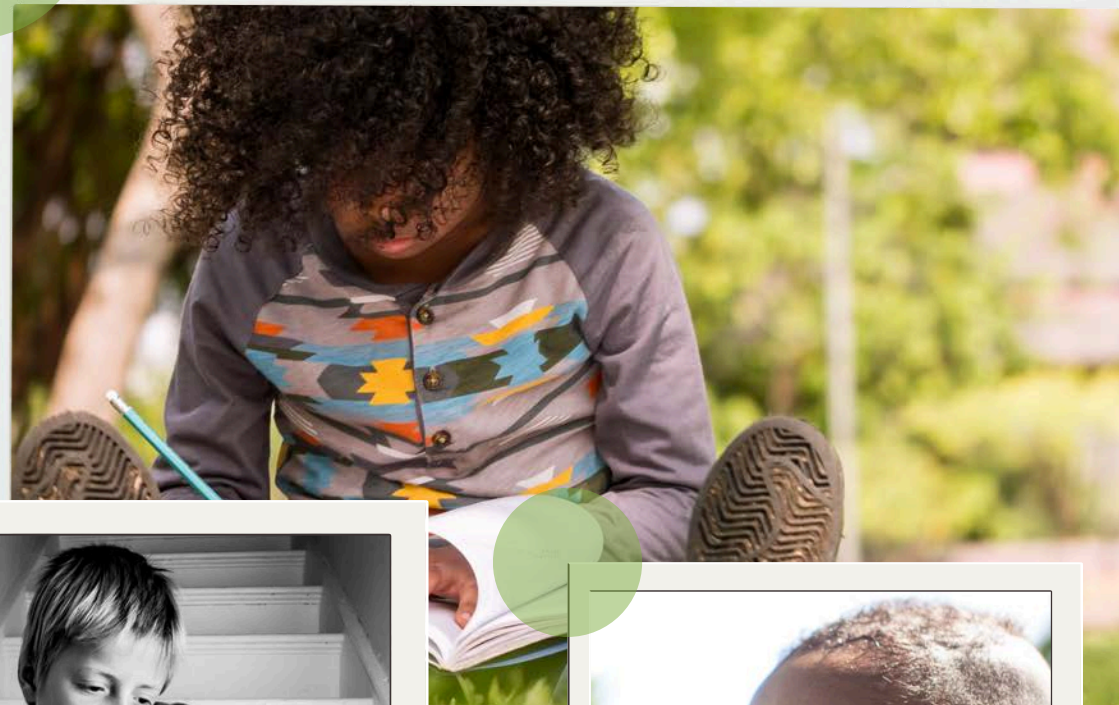


Wellness Feature: Preventing Burnout (cont.)

Simple Ways to Support Your Wellbeing

- Check in with yourself - Notice how you're feeling, not just what you're doing
- Take small breaks - Even a few minutes can help reset your energy
- Lean on your team - You are not in this work alone
- Set realistic expectations - You don't have to do everything perfectly
- Protect your time - Give yourself space to recharge outside of work

When we take care of ourselves, we strengthen our ability to support others. Healthy, supported staff create stronger outcomes for the children and families we serve.





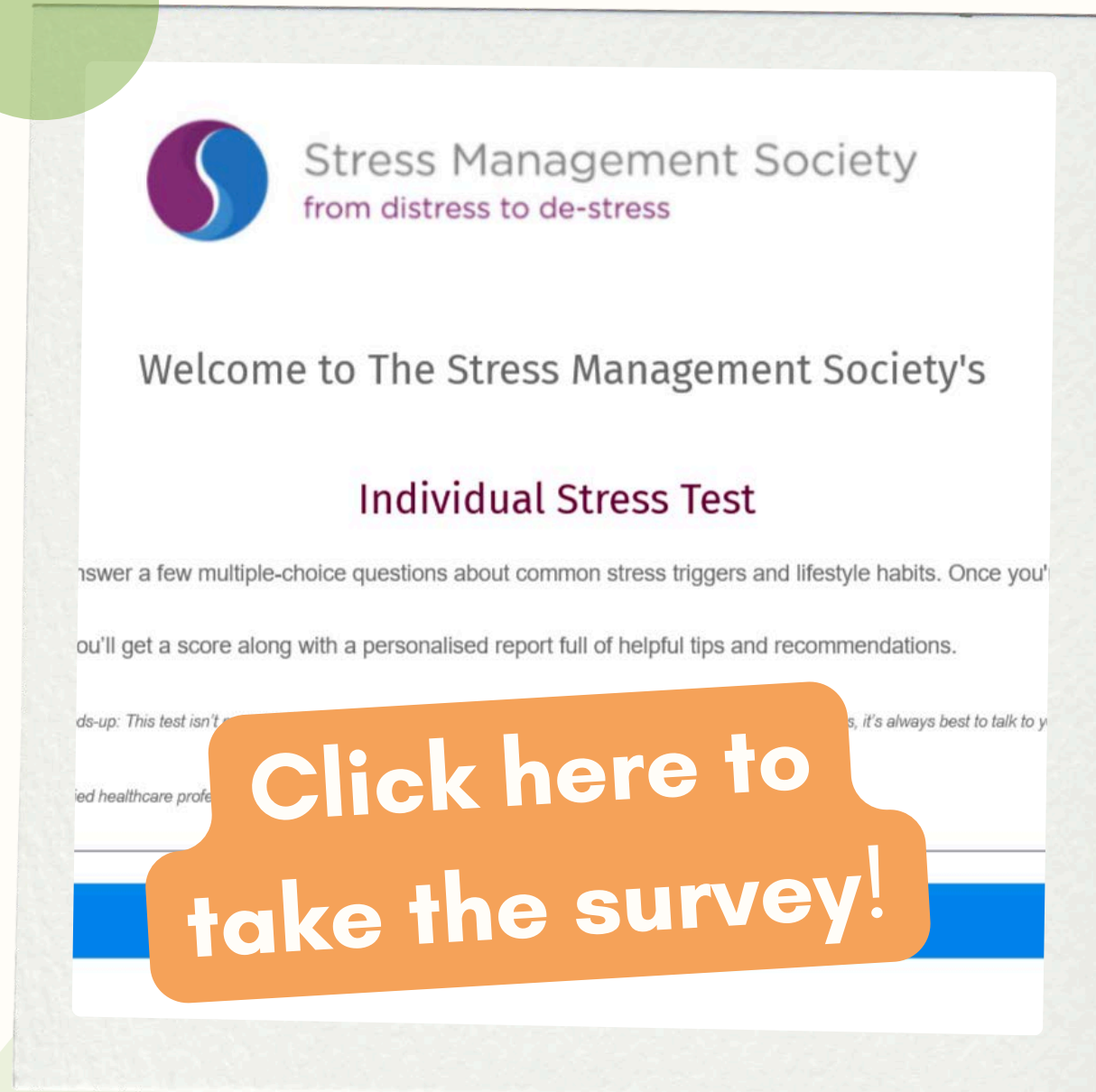
Wellness Feature: Preventing Burnout (cont.)

Stress Check-In Survey

Take a few minutes to check in on your own well-being.

Complete this quick stress assessment to better understand your current stress levels and receive helpful insights and recommendations.

As a thank you for participating, all staff who complete the survey will be entered into a drawing for the \$60 Amazon gift card.



**NEWSLETTER
CHALLENGE**



SCAN OR CLICK TO TAKE SURVEY
<https://tinyurl.com/r32r4f33>



BOOKS & BITES CLUB

All Welcome & Encouraged

Books & Bites is Camelot Community Care's staff book club—a space for employees to connect, reflect, and engage in meaningful conversations beyond the day-to-day work.

Each month, participants read a selected book and come together for a casual, discussion-based meeting where ideas, perspectives, and insights are shared. It's an opportunity to build relationships across teams, explore new topics, and take a moment to recharge through reading and connection.

Whether you're an avid reader or just looking to join the conversation, Books & Bites is open to all staff and designed to be welcoming, thoughtful, and engaging.



Now Reading: *The Favorites* by Layne Fargo

Set in the high-stakes world of elite figure skating, this novel explores ambition, obsession, and the complex bond between two skating partners as they navigate success, rivalry, and the pressures that come with it.

[Available at Amazon](#)

Next Meeting

June 5, 2026

12:00 PM



THE FAVORITES
QUESTIONS
CLICK HERE

Join the Club!

If you are interested in joining the Camelot Books & Bites Club, please contact Mackenzie Tomasik, LISW at mtomasik@camelotcommunitycare.org

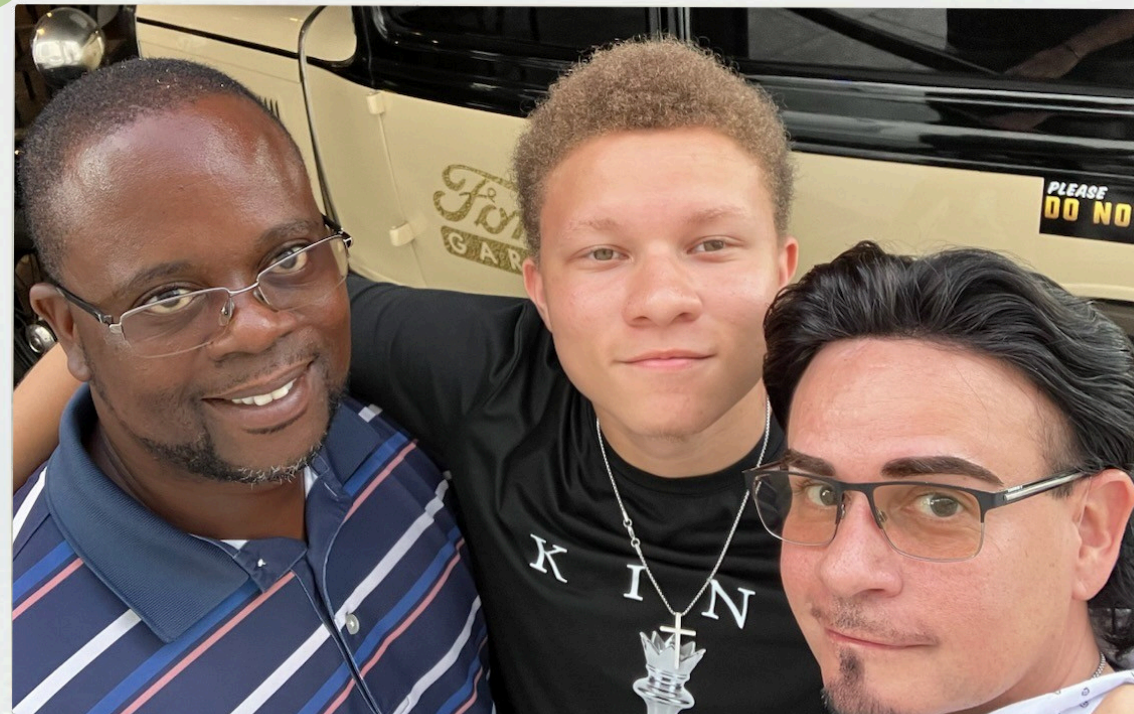
Story of Impact: Families Come in Many Forms

A story of love, belonging, and the life-changing impact of finding a forever family.

After experiencing more than 17 placements and years without stability, Eric found something every young person deserves – a safe and supportive place to call home.

Kevyn and David welcomed Eric into their family just months before he aged out of care, providing consistency, encouragement, and a true sense of belonging. Through patience, trust, and unwavering support, they are helping him move forward with confidence and hope for the future.

Their story is a reminder that family is built through love, commitment, and showing up for one another every day.



**A SAFE HOME. TWO CARING ADULTS.
A CHANCE TO THRIVE.**

*I'm happy knowing he feels like he has
somewhere now... somewhere he can call home.*

— David, Adoptive Father



IGNITE

LEADERSHIP
DEVELOPMENT

Investing in the Leaders Shaping Our Future

Camelot Community Care is proud to launch the Ignite Leadership Development Program, a new initiative focused on growing the next generation of leaders across our organization.

What is Ignite?

Ignite prepares team members for future leadership opportunities by building the skills needed to lead with confidence, compassion, and purpose. Through a combination of professional development, mentorship, assessments, and real-world experience, participants gain the tools to lead at the next level.



IGNITE LEADERSHIP DEVELOPMENT PROGRAM

What is Ignite Designed to Do?

- Strengthen leadership skills across Camelot
- Provide direct exposure to executive leadership
- Support career growth and succession planning
- Create meaningful development opportunities



IGNITE
LEADERSHIP
DEVELOPMENT

*Building leaders from within.
Strengthening the future of
Camelot Community Care.*

Meet our First Ignite Program Participants

Casey Gaouette

Child Welfare Case Management Director (Lake City & Live Oak)

Carolee Binette

Clinical Director (Clearwater)

Janice Wynn

Clinical Director (Gainesville & Ocala)

Kendall Seifert

Quality Assurance Specialist (Orange County)

Nicole Anderson

Child Welfare Case Management Director (Tampa)

Jessica Morrison

Assistant Case Management Program Director (Clay County)

Ignite Program Highlights

- Strengthen leadership skills across Camelot
- Provide direct exposure to executive leadership
- Support career growth and succession planning
- Create meaningful development opportunities

Igniting Camelot's Leadership



Casey Gaouette



Carolee Binette



Janice Wynn



Kendall Seifert



Nicole Anderson



Jessica Morrison



Vitality: 2024-2025 Annual Insights

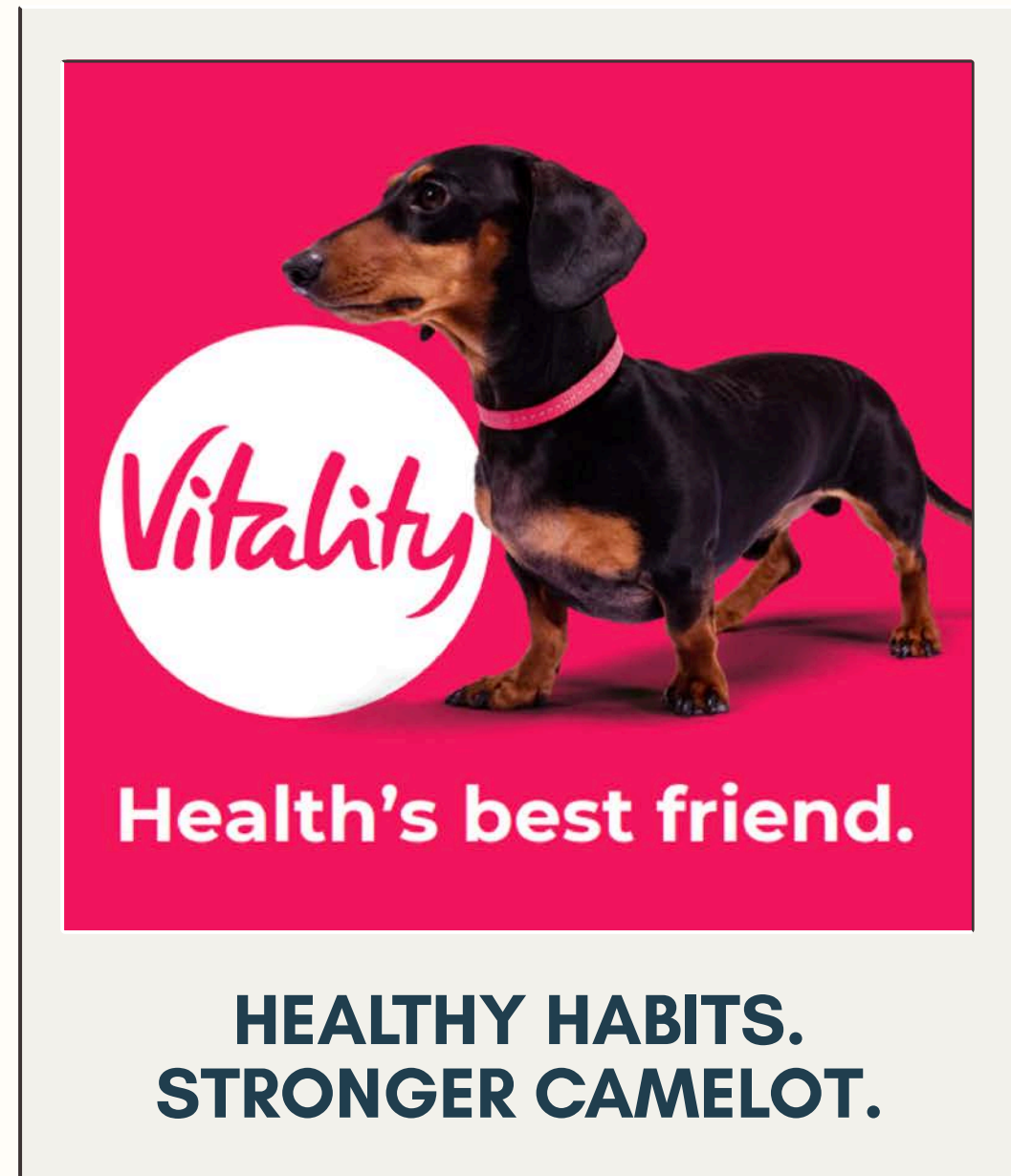
A Healthier, Stronger Camelot

This year, our team continued to build a culture of wellness through the Vitality program—making everyday choices that support both personal health and the work we do for children and families.

The Impact

- 811 eligible team members | 28% registered
- 44% active monthly participation
- 32.4 average monthly activities per member
- 43% participated in at least one challenge
- 59% completed a health assessment | 21% biometric screening
- 79% app engagement | 58% fitness device connections

This means our Camelot team is more engaged, energized, and health-focused.



A Call for Champions

Lead wellness right where you are!

Become a **Camelot Vitality Champion** and help promote participation, encourage healthy habits, and support a culture of well-being.

Ready to be a Camelot Vitality Champion?

Contact Sandy Bowman at sbowman@camelotcommunitycare.org



Thank you

At Camelot, the work is not always easy—but it is always meaningful. Thank you for showing up each day with compassion, resilience, and a commitment to the children and families we serve.

Together, We Make the Difference!