



Family Services of Warren County

We're here for you and your family

"WHAT'S HAPPENING" NEWSLETTER

Special points of interest:

- What has happened?
- Substance Addiction
- Fundraising
- New Director of Substance Abuse Services

What has happened at FSWC?

"The journey of a thousand miles begins with a single step" - Lao Tzu.

Taking the first step into a mental health agency is the hardest part about beginning treatment and recovery. Here at Family Services, we want everyone to feel safe, secure, and at home when they enter our building, to support their personal recovery. On our stairs are words to encourage the client to make it to the top and begin their recovery, whether it is mental health or substance abuse. (We also offer disability access for those in need). In addition, there is now a beautiful wall with quotes and pictures that clients are able to take with them into their session to depict to the therapist how they are feeling that day and use it to progress in their recovery. We also have a wall of trauma focused words above our sitting area so that clients feel empow-



ered to continue their recovery and to let them know that everyone at Family Services believes that they have what it takes to be the person that they are striving to be. This was all made possible because of the North Central Trauma Informed Care Center, whom we received a \$10,000 grant from for the 3rd year in a row. We are a certified Trauma informed agency, with a Trauma Informed Committee that meets once a month to develop ways to make FSWC the most Trauma Informed and Client Focused Agency that we can be.



What does FSWC offer for Substance Addiction?

Substance addiction and abuse is a complex disorder characterized by compulsive drug or alcohol use that leads to significant disruptions in daily living, including loss of work, relationships and health. It is progressive in nature and requires professional intervention for successful treatment.

Outpatient Therapy

Each client receives a thorough assessment with a trained Drug and Alcohol Therapist. The outcome of the assessment determines the appropriate level of care for that particular client.

Although the client may qualify for a day program or residential treatment, Family Services specializes in 2 lower levels of care which are: Individual Outpatient Therapy, and Intensive Outpatient Therapy (IOP).

What is IOP?

Our intensive outpatient program is a form of substance abuse rehabilitation in which people attend group therapy sessions several times per week in addition to their individual sessions to address substance use and contributing factors with others.

What does a day in IOP look like?

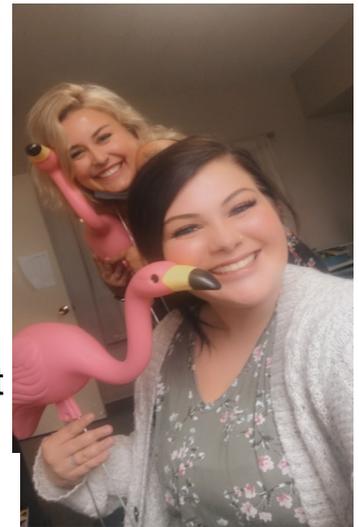
IOP is a 90 day program held 3 days a week, for 3 hours each day. Clients may be Urine Drug Screened at any point in their treatment to assure that they are staying accountable for their actions, and that the therapist is administering the correct level of care. The therapist facilitates a structure each group that involves check-ins and check-outs. This process involves scaling, emotional identification, any barriers to recovery, identifying any lapses or relapses since the previous group, and is strength based. The therapist will then facilitate a topic with the group that helps the client establish a sense of worth, set future goals, process grief/loss and past traumas, or identify problem areas with their recovery. Most importantly, they learn to appropriately utilize peer support in healthy ways by holding each other accountable for their actions and building trusting, therapeutic relationships. Upon completion of the program, clients graduate from the program and are able to sign their names on a leaf or a bird to place on the "tree of life" in the group room so that their story will never be forgotten.

Fundraising

Fundraising for non-profits has looked a little bit different this year due to COVID-19, and it's not any different for Family Services. We had planned to hold a Mental Health Awareness Gala in the beginning of May this year, which is typically our largest fundraiser. Instead, it was postponed until 2021, and the team at FSWC utilized their creativity. With a very conscious effort to maintain social distancing, we came up with a few COVID friendly options throughout the year. Please contact the team at FSWC on any of the items being offered below, or to contribute.

You've Been Flocked!

Warren is a very small, tight knit community. What better way to inform people about Family Services and what we do then to put a flock of flamingos in their yard? We began our flocking adventure by flocking a few of our board members. In turn, they donated money to our agency to move the flock to someone else's yard, and so on and so forth. When a house was flocked they received a packet explaining why there were flamingos on their lawn, who flocked them, what Family Services does, and how to get the flamingos off their lawn or make a donation. This was a fun, easy, and socially distant fundraiser that brought a lot of joy to our little community during the time of the pandemic.



Stickers, Earrings, and Vending



We purchased Mental Health Awareness stickers that are available to staff and clients to purchase. Place them on laptops, water bottles, binders, and even cars! Just looking at the stickers gives people a smile that will boost their mood for the rest of the day. The cost is 4.00 per sticker or 3 for \$10.00.

FSWC loves Suicide Prevention Month! To raise monies for suicide prevention, we have been selling hand-crafted Suicide Prevention Awareness Earring. This is a perfect way to show your support, raise awareness on suicide prevention, and look stylish. One pair is \$12.00 and they are made of real leather and are handcrafted in Warren County.

Staff runs many groups during the week and there is quite a bit of traffic through the agency. Sometimes people need drinks or snacks to get them through the day and we now have that for them at our very own vending area!



Meet our new Director of Substance Abuse Services!

Board of Directors

Officers:

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Tom Skelton

Vice President

Abby Wenzel

Treasurer

Andrew Moore

Secretary

Joe McClellan

Members:

Ryan Betts

William Bussoletti

Kimberly Lane-Corey

Samuel Erickson

Rene Heilman-Johnson

Sue Colosimo

Jim Evers

Administration:

Executive Director

Kimberly Holt, LPC

Director of Substance Abuse Services

Andrew Cauley, CADC

Medical Director

Dr. Keith Price

We recently hired the newest member of our team: Andrew Cauley, CADC, Director of Substance Abuse Services! Andrew comes to us with many years experience in the Behavioral Health Field. Prior to joining Family Services, Andrew worked for Abraxas I in several supervisory capacities and across several programs with a strong focus on team development and service improvement, as well as Beacon Light Behavioral Health Systems in various capacities.



Andrew shares, *“Providing drug and alcohol services has always been my passion. Establishing an opportunity for clients to process their personal histories and stories, which are often filled with guilt, shame, and remorse, and watch as they become motivated towards a new life full of possibility and continual personal change is gratifying not only on an individual level, but it also provides a lasting impact on the community. A small pebble in a pond can create lasting ripples, and I’ve been privileged to witness the change process in the lives of many individuals throughout the years. I’m excited for the opportunity to give back to the community here in Warren County and enhance the substance abuse services we offer here.”*



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