



Family Services of Warren County

We're here for you and your family

"WHAT'S HAPPENING" NEWSLETTER

Special points of interest:

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How FSWC adapted since COVID 19

Hasn't almost every hour of our days been in some way affected by the COVID-19 virus? We here at Family Services are considered essential workers and we are continuing to provide quality MH and D and A services while we all navigate this new, challenging (or unprecedented?) time. Our dedicated staff have worked closely with our board to develop new protocols and our payers were in full support. The traditional face-to-face sessions are now held via phone or video conference depending on the client's internet access and prefer-




ence. ZOOM meetings have allowed our staff to see into the client's world, often building a stronger rapport. It can really be a show and tell, often meeting the clients pets and showing objects that hold a special meaning. Staff report the clients seem to be more open and at ease as they are in their own safe space. No show rates have improved, and our clinicians are still able to provide meaningful, quality care. One of the special features of ZOOM meetings is the ability to share a screen with the client and reference handouts, internet resources, or even use a "white board" for more hands-on teaching. One client said "please don't erase it," and took a picture of the "board" to remember the new coping skills to practice after the session. This new way of doing business is igniting a renewed passion within staff, and giving opportunities for creativity to flourish. Thank you FSWC staff for keeping our place sanitized, being flexible, and innovative during such challenging times for all of us. Please turn to the next page and meet our professional crew!



Meet our Staff

Since our last What's Happening in the fall of 2019, we have added two new Licensed Professional Counselors to the agency. Also our fiscal specialist retired after 14 years of service, best wishes to Deanne Champagne! Our mission here at FSWC remains the same to "*Empower individuals, children, and families to seek their greatest potential by offering innovative and holistic healing through professional counseling.*" New faces, same mission.....



Kimberly Holt, LPC
Executive Director

Kendall Arnold
Receptionist/Fiscal

Aimee Bailor, LPC

Celeste Tidrick, LPC

Chloe Meddaugh
Medical Records

Kayla Cochran, MEd, NCC

Nicole Garland, LPC

Marlene Byler,
Insurance/Payroll Specialist

Jenna Dunning, BA

John Bowler, LPC

WARREN gives

Everyone Can Be A Philanthropist! The Community Foundation of Warren County is continuing with plans to hold Warren Gives on May 20, 2020. According to Executive Director, John Lasher, there are no plans to postpone the event. *“We believe that our participating non-profits will need the donations they get from Warren Gives this year more than ever,” Lasher stated.* “So we intend to hold the event on schedule for sixteen hours on May 20th, from 6 a.m. to 10 p.m. We want everyone to have a chance to support the organizations that are important to them through the Warren Gives Event.”

This special Warren County day of giving event involves a full day of goals to raise awareness and appreciation for Warren County non-profits and to encourage new giving. Match pool money makes your donations



mean even more to the organizations you support. Match dollars are distributed proportionally among organizations based on the donations they receive. The more you give, the more match dollars go to organizations you support!

New for 2020, in addition to donating online donors will also have the option to donate by check. Special rules apply to check donations – see the Donating By Check page under Donating on this website for complete detail and for a copy of the Check Acceptance Form, or contact the Foundation office at lag.cfwc@westpa.net or by phone at (814) 726-9553 for complete details.



To Donate Visit <https://warrengives.org/organizations/> on Wednesday May 20th, 2020!

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Our agency had a Mental Health Gala planned for May 1st at the Conewango Club as a kick off for Mental Health Awareness Month. Unfortunately due to COVID 19, we must re-schedule this wonderful event so please stay tuned! In the meantime, what exactly is the stigma against mental health? What can we personally do to end it?

Mental health stigma is the widespread, systemic devaluing in our society against people with mental health illnesses. Stigma is very pervasive in our society, and it is a reason why so many people with completely treatable conditions suffer needlessly, and sometimes tragically. When someone suffers from a mental health illness, they can live in tremendous fear of embarrassment and humiliation if their condition is found out. The pressure this creates *in addition* to the weight of their illness can be overwhelming and unbearable.

A quick easy way to end the stigma is follow the acronym

UNITE

U: Understand, take time to learn about Mental Health issues.

N: Nurture your Mental Health. Eat, sleep, and exercise right.

I: Include others. Promote Diversity.

T: Talk, bring Mental Health issues to light and share with those close to you.

E: Embrace therapy, end the shame.

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Visit us on the web at www.fswc.org or on our Facebook Page Family Services of