



# Family Services of Warren County

We're here for you and your family

## "WHAT'S HAPPENING" NEWSLETTER

### Special points of interest:

- Interns
- Future plans
- New Program
- Fundraising
- Staff Highlight

### We are so thankful for our interns

Family Services has a history of supporting students in counseling and social work fields to complete practicum and internship hours. Even in the midst of the pandemic, this year has not been any different. Our agency has been fortunate to have 3 committed and passionate interns, Danny Potter, Marisa Terry and Chris Messina during the 2020-21 school term.

Interns are currently in training, which means they are only at Family Services for a limited amount of time. They are in the midst of studying human behavior and focusing on different types of therapy in their studies.

Interns are monitored closely by a supervisor, and mentored by our agency staff. Duties performed include but are not limited to; supervised individual and group counseling, fundraising and marketing, crisis intervention, and consultation/outreach. Interns may also provide psychological assessments, intakes, and make appropriate referrals. Family Services, as well as our clients, have benefited from students learning and working at our organization. An intern is more willing to ask questions and use the various educational resources at their disposal. They have a learning and growth mindset. In some cases, having less experience can be an advantage for an intern therapist or counselor. Interns often make less assumptions based on past experiences and are recently educated on the latest interventions, often evidenced based.

*Marissa and Chris will be with our agency until August of this year. Danny Potter has completed his masters degree and accepted a position as a drug and alcohol therapist at The Guidance Center in Bradford PA.*



## From the desk of the Executive Director

I wanted to take a moment and thank the many community members, dedicated staff, and our board members that support Family Services. Our Board of Directors volunteer their expertise, time, and commitment to our mission. In May of this year marks six years that Tom Skelton has been on our board, serving most recently as the President. It has been a privilege to work with Tom and we wish him all the best as he steps down from the board. Tom is looking forward to continuing to volunteer his time and talents serving on other agency boards in the community. Best wishes to Tom! This isn't a "good-bye," but "see you later."



### Upcoming plans:

1. The board and administration is committed to improving our space. We are currently in the process of receiving bids to update our bathrooms here on the State Hospital Grounds.
2. It is our long range strategic plan to train our therapists in Play Therapy and develop a specially designed play therapy room. Currently there are no other providers in or around Warren County that offer this specialty service.
3. We have started the lengthy process of becoming an approved provider for a program new to us, CERTIFIED RECOVERY SPECIALIST (CRS). Projected date is late Fall of 2021. See below.
4. We continue to work towards adopting an electronic records system. Due to time and attention to COVID related events this process has take more time than we had hoped. This will help our staff provide quality documentation, use less paper, save hundreds of hours of staff's time.

## Certified Recovery Specialist

A CRS is a *Certified Recovery Specialist* main goal is to focus on the recovery process.

### What do they do?

The CRS initializes the client into early recovery and positions them for long term success. They work to facilitate seamless transitions in level of care changes to ensure that the client remains engaged in a continuum of care. A CRS may give assistance accessing various community resources and gives guidance on the recovery process and recovery education. These trained individuals will assist in developing a Personal Recovery Plan, introduce and engage the client in the recovery community and provide support before, during and after treatment. A CRS will do advocacy work, provide outreach to individuals in early recovery, assists with Recovery Support Groups and makes referrals to the Case Management Services.

## Fundraising

Fundraising for non-profits continues to look different this year due to COVID-19. Our original plan was to hold a Mental Health Awareness Gala in the beginning of May this year, which is typically our largest fundraiser. Instead, it is postponed once again, and the team at FSWC utilized their creativity to bring money into the agency. With a very conscious effort to maintain social distancing, our staff went into action and developed a successful fundraiser. Here are some pictures to enjoy. Thank you to all who helped stuff eggs and deliver to surrounding area homes.



## Warren Gives 2021

This special 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 from the community. The more you give, the more match dollars go to all Warren County Organizations you support! This year the match dollars have increased from 40,000 to 60,000 dollars.



### How to Donate To Family Services of Warren County on May 19, 2021

1. Visit [warrengives.org](http://warrengives.org) on Wednesday May 19, 2021 from 6:00AM to 10:00PM, click the red **“Donate Now”** button.
2. Choose ***Family Services of Warren County***.
3. Make your donation by using a Visa, MasterCard, Discover, or a debit card. 100% of donations go to the organization you selected and a percentage of the \$60,000 match pool dollars as well!!
4. Checks are accepted. Please use the enclosed form.

*We are so very thankful for our amazing community, Warren County is simply the best!*



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## Meet Celeste Tidrick, LPC

This month Family Services is highlighting Celeste Tidrick, LPC, who has been with agency just over a year. Celeste Tidrick comes to Family Services with a diverse skillset and 15-years in the mental health field. Celeste's background includes a bachelor's degree in Psychology (Phi Beta Kappa) and a master's degree in Clinical Psychology (emphasis in child psychology). Clinical psychology provides extensive clinical training on serious psychopathology such as bipolar disorder, schizophrenia, and major depressive disorder; including a strong emphasis on proper diagnosis and utilizing psychometric testing as part of the evaluation. Celeste is trained to administer and interpret testing as part of a thorough psychological evaluation to guide diagnosis and treatment.

Celeste began her career providing community-based, wraparound care in Warren County as Mobile Therapist and Structural Family Therapist. In 2009 Celeste began working in a hospital based, outpatient psychology department where she was able to put her clinical psychology background to use providing full psychological evaluations and providing outpatient therapy. While in this role, Celeste was afforded a wide variety of opportunities that broadened her experience in several areas. Celeste provided inpatient consultations on psychiatric inpatient units, as well as inpatient Drug and Alcohol units to provide proper diagnosis, make safety recommendations for on the unit, discharge planning, guide treatment on the units, and trauma assessments. Additionally, Celeste worked with patients on medical units providing dementia/cognitive functioning evaluations. During her time in outpatient psychology, Celeste developed a niche as a child provider who specializes in treating anxiety, depression, and developmental disorders. Celeste has a passion for working with children and doing trauma work. She shared that not all therapists are trained or have experience in tailoring treatment so that it is developmentally appropriate and engaging for children. One of the reasons that Celeste chose to join the Family Services team was access to research based trauma trainings including: *Trauma Focused-Cognitive Behavioral Therapy* (TF-CBT) and *Eye Movement Desensitization and Reprocessing Therapy* (EMDR) which she has both successfully completed. Celeste says "FSWC has allowed for professional growth and independence as a practitioner. I am excited about the opportunities to provide supervision, leadership roles, sharing new ideas, and providing evidence-based trauma focused care". In Celeste's free time she enjoys spending time with family, being outdoors, traveling, lifting weights/exercising, cooking, and taking care of her cats.

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