

News and Views

Summer 2008 Issue

CCCOC Transitions

By E. Susanne Francis-Thornton, Psy.D.

“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.”

James 1:17

This past year we have been thrilled to be a part of the wonderful things God is doing through us, and we look to His steadfast nature as He shows us His will and leads us through a season of wonderful transitions.

Recently we welcomed new staff members with joy! We continue to focus on building sustainability and are happy to welcome two new full time staff members, Megan Thron, M.S.W. and Amanda Bull, M.A. We also welcomed fee for service therapist Hannah Im, M.A. and a host of Masters, Pre-Doctoral and Doctoral level interns. Having several full time therapists on staff will help us plan and strengthen our ability to serve our community.

As we happily welcome new members, we also prepare to say our good-byes to current staff members Nicole Noble, Psy.D., Karen Hutcheson, M.A., and Melissa Fink, M.A. We wish them many blessings as they pursue new and exciting opportunities!

Just as we've had experienced transitions in our CCCOC family this year, we have also had transitions in our finances as we grow and mature as a non-profit organization. The following are some highlights of our 2007-2008 fiscal year:

- Thanks to our many faithful supporters, CCCOC's 7th Annual Vision Benefit was a truly fun filled evening in the city! We had record breaking attendance and giving with over 350 guests who, along with non-attending donors, helped us raise over \$40,000 to further our ability to provide opportunities of hope and healing to those who could not receive psychological service otherwise. Thanks to all who attended and gave!
- In this fiscal year we were able to impact clients in over 2,500 individual, couples, family, and group sessions. Utilizing the sliding fee scale program, with a total of \$90,290 in un-reimbursed services, we helped 44% of our clients received therapy who could not otherwise afford it.
- Due to our partnerships with Chicago Public Schools and our Title I No Child Left Behind contract, we have dramatically increased the amount of students we are able to serve through academic counseling. This truly exciting experience allows us to continue to build relationships within the schools and after-school programs. We provided over 200 1st-12th graders group counseling on a weekly basis, teaching topics such as basic social skills and conflict resolution.
- CCCOC has been able to increase our involvement with churches and community agencies. As a result of the new partnerships, CCCOC hosted seminars on issues such as effective discipline, classroom management, anger management, conflict resolution, grief, and relational needs.
 - Events such as free screenings for depression and anxiety were held specifically for seniors through La Salle Street Church's Senior Center and also for homeless adults through its Breaking Bread ministries.
 - CCCOC art therapist Sally Hale, M.A., trained church volunteers to help lead small group discussions during her monthly psycho-educational seminars on communication skills.
 - CCCOC therapists also recently completed a 12-week addictions recovery group with attendees of Bethany Baptist Church and the surrounding community. We greatly appreciated the opportunity to partner with this local church by supporting the needs of some of these individuals!

As we embrace these exciting transitions, help us start the new fiscal year strong! Come and visit us during the open houses offered in September. Invite us to your corporation, church or community agency to do a workshop or training. Listen to us once a month on WMBI radio station (1110AM). Volunteer with your time and talent. Pray for us. Give your gifts and change a life!

School's Out for Summer!

By Karen Hutcheson, M.A.

Karen is a doctoral intern at CCCOC. Her specialties range from play, group, family, and individual therapy as well as development, child and adolescent trauma, parent training, and church consultation. She has experience working with school adjustment, learning disorders, and crisis intervention.

In the northern hemisphere, the longest day of the year (near June 22) occurs as the sun is farthest north, marking the summer solstice. Accordingly, the summer solstice signifies the first day of the summer. However, according to most children ages five to eighteen, the last day of school officially marks the first day of summer! While Alice Cooper may not be the best role model or artist to quote, I think this one particular line of infamous lyrics regarding the end of the school year fits quite nicely. It's July, and for most school-aged children, SCHOOL'S OUT FOR SUMMER! No more waking up early to catch the bus; no more listening to endless lectures about mitosis and meiosis; no more piles and piles homework. School is out—well, at least for summer.

As many of our faithful newsletter readers already know, CCCOC has the unique opportunity to partner with the Chicago Public School (CPS) system, providing academic counseling as part of the Title I No Child Left Behind Act. Through this partnership, clinicians at CCCOC are able to provide weekly services to over 200 students in CPS. Clinicians are able to interact with children from different grade levels, diverse cultural backgrounds, and vastly different socio-economic circumstances. But, one factor remains constant – almost every child, no matter their age, ethnicity, or neighborhood, is excited about finishing the school year and starting the summer break. In the midst of all the excitement, there are several things that parents and caregivers should keep in mind as their children begin summer break.

When the long hot days of summer finally arrive, parents often notice an increase in behavioral problems in children and adolescents. Some children appear to have an increased propensity for boredom, especially in our technologically-driven society. Walking to a park or going for a bike ride is no longer enough stimulation, and electronic devices like I-Pods and cell phones are added into the mix.

So what can parents and caregivers do to combat restlessness in their over-stimulated children and teens? How can we convince them that activities like biking or running around are just as important as the latest Facebook post?

The following suggestions may help caregivers and their kids turn off the TV and “electronic devices,” have some fun- and *sun*-filled excitement and beat summer boredom. Check out www.kidsturncentral.com for more ideas.

Send them on a scavenger hunt. Make a list of items to find in nature (i.e. rocks or dandelions), and have kids draw pictures of what they find. Finish the hunt by tallying up how many things they ticked off the list.

Chalk it up to fun. An inexpensive box of colored chalk can keep the kids busy for hours. Kids can draw pictures on the sidewalk or driveway. Older children can try a game of Tic Tac Toe.

Knock 'em over with backyard bowling. Find household items that will tumble over easily, such as empty cereal boxes or empty soda cans, and align them in a row like bowling pins. Then have kids roll the ball, using a smaller one for older kids. Kids score a point for each object they knock down.

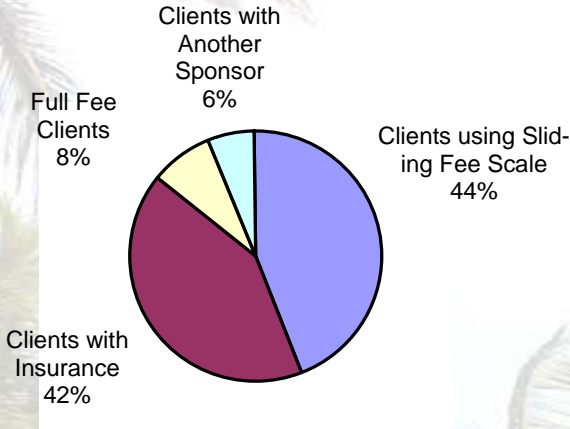
Play Kick the Can. This variation on Hide and Seek works best with at least three kids. One child is “it” and will guard the “can” (an empty coffee can or ball) that is set in an open space. While the other players hide, the child who is “it” counts to 20 (or higher) and then tries to find and tag the other players. If captured, players must go to “jail.” Any player who hasn't been caught can run in and kick the can, setting all of the captured players free. If the child who is “it” finds everyone, he wins the game.

Create an outdoor canvas. Parents can hang an old sheet on a clothesline or tape large sheets of paper to a fence for your child to paint on. Encourage kids to try painting with different kinds of brushes. Try dipping grass into paint and swishing it on paper, then try painting with a leaf or a twig. Kids can also try painting rocks and creating little people or bugs with them.

Who We Served in 2008

Work with Title I Groups:

Through a partnership with the Chicago Board of Education, CCCOC has provided over 115 psycho-educational groups to Title I students each month during the 2007-2008 fiscal year.



Sliding Fee Scale Services

Through our sliding fee scale, CCCOC provided \$90,290 in un-reimbursable services to clients during FY '07-'08.

CCCOC's philosophy is built around three firm commitments. The first is to Christ and His Kingdom, holding Scripture as the authoritative and truthful revelation of God, as well as maintaining a deep respect for people and their personal faith, no matter what their spiritual background and walk of life. Secondly, we are committed to the highest standards of professional and ethical conduct. And finally, we commit ourselves daily to compassion—helping all persons reach emotional healing.

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Therapist

Judith A. Zink, MA, NCC, LCPC
Therapist

Carolyn Groenewold, Office Manager

What's Happening at CCCOC??

We wish a fond farewell to Rachael Stowe, our previous office manager. We are sad to see her go, but we know that God will bless her as He reveals His plans for her life.

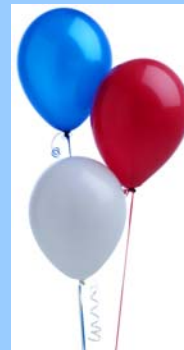
We excitedly welcome Carolyn Groenewold as our new office manager. Carolyn is a recent graduate from Trinity Christian College in Palos Heights, IL. She received her BA in English and Psychology and is very excited to become a part of the CCCOC family!

On July 11, CCCOC hosted LaSalle Street Church's monthly Cornerstone Cafe. The theme was an ice cream social in honor of the hot months we have ahead! Singer/song-writer and worship leader Katie Kapteyn provided the entertainment. The evening was a great time of connecting with others and sharing the vision, mission, and passion of the work done at the Center.

LASALLE STREET CHURCH'S ANNUAL BLOCK PARTY

*Sunday, August 10
11:45pm—2pm
Elm Street*

Bring your family and friends for fun in the sun!





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Address Service Requested



Included: Your invitation to CCCOC's Annual Open House



SAVE THE DATE IN 2008!



**Join us for
 Cornerstone Counseling Center of Chicago's
 Annual Open House!**

**It's an exciting time for networking, learning
 more about CCCOC and meeting our new staff.**

<p><u>Tuesday, September 9th</u> 7:30 am -9:30 am 11:30 am -1:00 pm</p>	<p><u>Thursday, September 11th</u> 1:30 pm -3:30 pm 5:00 pm -7:30 pm</p>
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**We look forward to seeing you at one
 of these four convenient times!!**

