



UTREACH NEWS

A publication of Catholic Social Services of Washtenaw County & The Marnee and John DeVine Foundation

4925 Packard Rd. Ann Arbor, MI 48108 • 734.971.9781 • www.csswashtenaw.org

SPRING 2016

FINDING PEACE IN AN ANXIOUS WORLD



The tipping point came five years ago. Gripping pains in his chest, pounding adrenaline, and panicked thoughts occurred with more frequency and intensity until it was impossible to leave the house, to drive, to work. **Oscar had become a prisoner to his overwhelming anxiety.**

When you talk to Oscar now, there are only little hints that he is still fighting his own anxious tendencies. What is more evident is his mischievous sense of humor, his many hobbies and interests, and a man who is fiercely loyal to his family and friends. If you spend time talking with Oscar, he might even let you in on his dreams and goals.

“Anger management has taken the form of painting, a hobby he lavishes as gifts on his friends and support system workers.”

Human dignity depends on the ability to have positive relationships with others and the ability to successfully navigate the demands of everyday activities. **Behavioral Health Counseling** offers help to members of our community to work through the issues that keep individuals from enjoying satisfying and productive lives. For those with severe chronic issues, maintaining basic stability is a priority and a significant achievement to keep life from spinning out of control.

For more information:
csswashtenaw.org or call 734.923.0155.

It hasn't always been easy to get to know him. Oscar had a history of struggling with feelings of anxiety and self-worth but, **convinced that men were supposed to pick themselves up by their own bootstraps and power through, he'd never sought support.** He'd grit his teeth and try to work through the fatigue, restlessness, crippling fears, and self-doubt. This seemed like an unsustainable way to live. And it was.

“Even leaving the house caused such panic and fear that his physical symptoms overwhelmed every other part of his life.”

Five years ago, Oscar's grandmother passed away and he found himself emotionally untethered. His grandmother served as a second mother; nurturing him and being a port in the

2 storm for Oscar as a child, even well into his adult life. The loss and
2 grief triggered his anxiety and brought it to a dramatic head.

2
3 Over the next few months, his situation became worse. Neighbors
3 moved away, friends went through life transitions, others in Oscar's
4 circle passed away and he found himself struggling to get through
5 the day. He became fearful about the future. He could no longer
5 drive without feeling like he was having a heart attack. Work
5 became impossible. Even leaving the house caused such panic and

6 *Story continues on page 5.*

WHAT YOU'LL FIND IN THIS NEWSLETTER

- Year End Giving
- Grant Awards
- Grandparents As Parents
- Community Conversations
- Board Member Highlight
- Cooking for a Cause
- Finding Peace Continued
- Excellence in their Field
- Birth Mother's Day Recognition
- Build A Bigger Table

YEAR END GIVING

We are grateful for the generosity of each of you that supported us this past holiday season. Your financial support and donations helped provide hope for some of our community's most vulnerable members.

Thank you to the following for your generosity:

Kapnick Insurance Company
Old National Bank
PKSA Karate School Ann Arbor
Knights of Columbus
St. Vincent de Paul
St. Andrew the Apostle Catholic Church
Christ the King Catholic Church
St. Francis of Assisi Catholic Church
Immaculate Conception
St. Joseph Catholic Church
Old St. Patrick Catholic Church
St. Mary Catholic Church - Chelsea
St. Mary Catholic Church - Manchester
St. Nicholas Orthodox Church
St. Thomas the Apostle Catholic Church

AWARDED GRANTS

J. F. Ervin Foundation

Senior Services

State of Michigan Office of Services to the Aging

PREVNT

(Prevent Elder and Vulnerable Adult Abuse,
Exploitation, Neglect Today)

Blueprint for Aging

Department of Health and Human Services

Family Assistance Program

Community Foundation of Southeastern Michigan

Behavioral Health Counseling Services



Grandparents As Parents (GAP) gives grandparents who are raising their grandchildren a place to share their experiences, build parenting skills, and find valuable resources.

Substance abuse, incarceration, mental health issues, health problems, and death may be some of the reasons that parents are unable to care for their children. In many of these instances, grandparents step forward to provide a safe and stable home for children.

"The testimony from another grandmother with her 18 year old granddaughter helped me see light at the end of the tunnel." - Client

Some children may have experienced abuse, neglect, or may be dealing with the death of a parent. Grandparents and other relatives need resources and support to navigate these complex situations. GAP provides support groups, educational workshops, resource advocacy, phone support, and referrals to local resources that address the specific needs of this population.

100% of our members would recommend GAP to another family raising their grandchildren and describe the program as

"ESSENTIAL, RELEVANT, UPLIFTING, TREMENDOUS, FANTASTIC, EXCEPTIONAL, GREAT, OUTSTANDING, GOOD, HELPFUL, AWESOME, WONDERFUL, A BLESSING, EXCELLENT, SUPPORTIVE, AMAZING"

GAP received the prestigious Janet Sainer RAPP Award from The Brookdale Foundation in October 2014 for "excellence in providing supportive services to relative caregivers and their families."

The GAP program is funded in part by the Area Agency on Aging AAA 1-B and by Washtenaw Coordinated Funding as well as donations from generous community members. For more information on GAP, please visit csswashtenaw.org.



Join us for Community Conversations — a time of education and discussion around the issues facing our most vulnerable neighbors. You'll hear from CSSW President Larry Voight and program staff working in direct contact with the issues at hand. The series will be held at the CSSW Main Office, 4925 Packard Road in Ann Arbor, and include refreshments. We hope to see you there!

MAKE YOUR RESERVATION TODAY:

csswashtenaw.org/communityconversations
development@csswashtenaw.org | 734.971.9781 ext. 385

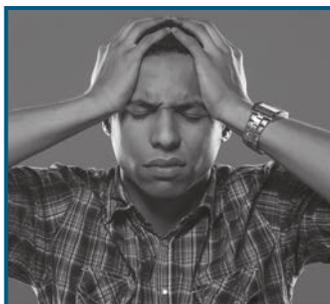


WASHTENAW CHILD ADVOCACY CENTER

Wednesday, June 8
8:30 am - 9:30 am



PRISONER REENTRY
Tuesday, September 13
11:30 am - 12:30 pm



BEHAVIORAL HEALTH
COUNSELING
Thursday, November 3
8:30 am - 9:30 am

HIGHLIGHTING OUR NEWEST

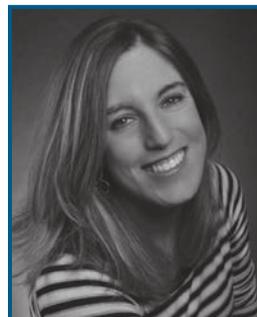
BOARD MEMBERS



John DeVine works as a lawyer, supporting the Verizon Partner Program as a practicing Group Lead and provides counsel for the newly formed Global Channel Sales group within Verizon Enterprise Services. John and his wife Margie live in Chicago and have three children Jack, Mike and Kelley.



Katie Elliott, is the Director of Development for St. Joseph Mercy Ann Arbor having served previously as Director of Communications and as Director of Major Gifts and Specials Events during her 20+ years in Development. She is a member of the Association for Healthcare Philanthropy. Katie is married to Gregg and they have five children and five grandchildren.



Ashley Mumby is a Keller Williams Real Estate Agent with a strong background in business and sales. In her free time, she enjoys coaching JV golf at Saline High School.



Eileen Slank is an attorney who represents her clients exclusively in family law. She has thirty years of experience in helping families get through life transitions whether in the mediation, collaboration, or court forum. Eileen is also an estate planner. She loves swimming, gardening, and “pretending to be good at golf.” She and her husband, Don, have four grown children.

SAVE *the* DATE

4:00 - 7:30 PM

**THE VALLEY AT
FRUTIG FARMS**
7650 Scio Church Road
Ann Arbor, 48103

**Community support doesn't get
more delicious than this.**

Local community and business members will once again take a break from their everyday positions and team up with professional chefs to share their cooking skills to benefit the greater cause. Teams will compete for the coveted title "Top Chef" based on guest tips.

Join us in a remarkable celebration of friendly faces & delicious cuisine!

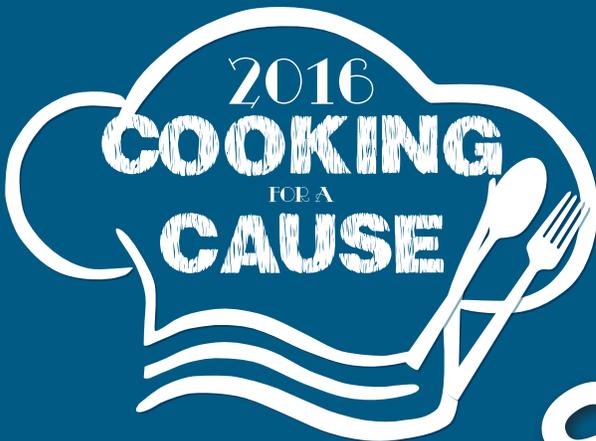
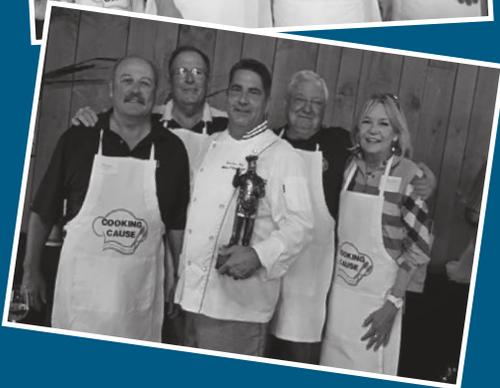
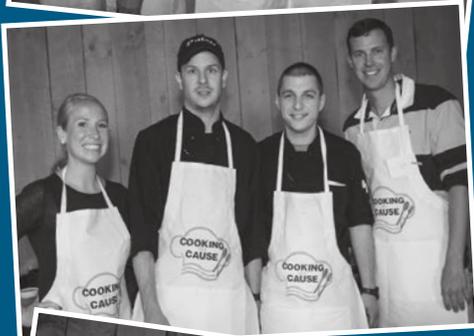
Tickets are \$150 per person. Proceeds benefit the programs and services of CSSW.

For info & sponsorship opportunities:

Jan Wisniewski, 971-9781, ext. 313
development@csswashtenaw.org
csswashtenaw.org

Event Chairs:

Al Mumby & Margot DeVine-Mumby



SUNDAY OCTOBER 2



FINDING PEACE IN AN ANXIOUS WORLD

Continued from page 1.

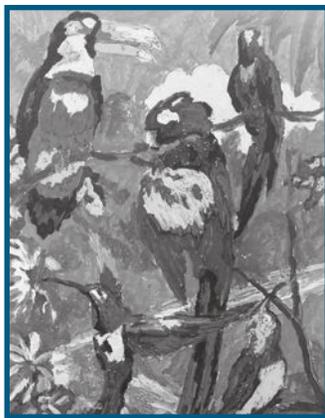
fear that his physical symptoms overwhelmed every other part of his life.

When a friend suggested to Oscar that he visit the Behavioral Health Services at CSSW, **he knew it was the step he needed to take.** Despite his best intentions, even visiting the office was a giant leap for Oscar in the face of his anxiety.

He needed the support of family and friends — as well as a empathetic and trained counselor — to leave the house, come into the large facility space, and sit down and talk with a stranger.

CSSW therapist Sarah recognized that Oscar's determination and caring spirit were enormous assets. Together, they developed a plan consisting of small goals designed to get Oscar engaged with life, his neighbors, and even his own feelings. **Session by session, Oscar has had a chance to re-establish his self-worth, discover dreams and goals he thought were lost, and move far past the front door of his house.**

It began with small steps down the block which built into trips



Oscar's painting of birds.

into the corner store or crossing the street to work out with a neighbor in his garage gym. He uses his new-found freedom and progress to help senior neighbors tackle household chores. With Sarah's help, Oscar can now put words to understand his feelings and experiences in a way that he couldn't before — and **in a way that frees him from the control of anxiety and fear.** Anger management has taken the form of painting, a hobby he lavishes as gifts on his friends and support system workers. Currently, he's part of a job readiness training program where he regularly experiences victories over his anxiety as he speaks in public to his classmates, meets strangers, and successfully accomplishes his goals.

Now Oscar has his vision fixed on the next phase in his journey: getting a good job, living on his own, driving a car again, and nurturing a healthy relationship. And the dream that really gets him smiling? Attending a NASCAR race.

Oscar's life is back on track because of his courage to seek support and because CSSW had the skilled staff and resources to meet him in his struggle. So don't be surprised if you see him trackside cheering on his favorite driver this spring.

BIRTH MOTHER'S DAY RECOGNITION EVENT



The annual Birth Mother's Day celebration brought together birth parents, adoptive parents and their guests on Saturday, May 7. The annual event honors birth parents and emphasizes the love required for their self-sacrificial acts

to their children. There were crafts, activities for children and an opportunity to share affirmations.

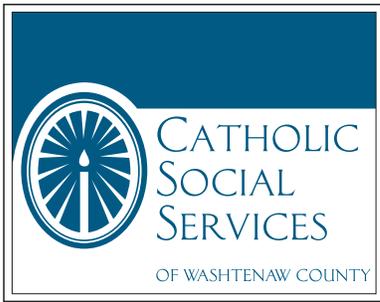
For more information about the Pregnancy Counseling Program, please contact Emily Miller at 734.971.9781 ext. 412 or emiller@csswashtenaw.org.

EXCELLENCE IN THEIR FIELD

Children and Family Programs Director **Cathi Kelly** was awarded the 2015 Safe Kids award for her dedication to the prevention of child abuse and neglect at the annual Cheers for Children event. The award was sponsored by the Washtenaw Area Council for Children and was presented to Cathi by former University of Michigan and Washington Redskins football player Jamie Morris.

The 2016 Diocesan Appeal issue of FAITH Magazine recently featured **Alternatives to Domestic Aggression**, a program countering domestic violence by working with perpetrators to help them confront their actions. For program creator David J.H. Garvin, the goal is for every man to complete the program and accept personal responsibility for his actions with the full understanding that violence against his partner is never acceptable.

To read the full story, please visit: csswashtenaw.org/ADA article.



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updates, please visit us on
Facebook or email
marketing@csswashtenaw.org.

Let's share our bounty to feed the hungry & heal the hurting.



Your *sustaining gift* can help us do that. A small sacrifice from you will make a big difference in the life of a family in need. Your regular monthly online donation to Catholic Social Services of Washtenaw will ensure that the next meal is coming, that our children and elderly can be healthy and safe, and that everyone can have a seat at the table.

When *neighbors like you* add your dollars to our work, CSSW stretches it even further so that no family has to miss a basic meal.

So let's do it. Your monthly gift will go a long way towards building a bigger table with room enough for everyone. Go to csswashtenaw.org/donate and make a donation today.

For more information, please contact:
Jodi-Renee Giron | 734.971.9781 x 323 | jgiron@csswashtenaw.org



October 2, 2016

4:00 - 7:30 PM

**THE VALLEY AT
FRUTIG FARMS
7650 Scio Church Road
Ann Arbor**

see page 4 for details!