

Notes from the Field

Frances McClain, LCPC

Shortly after the shooting at Northern Illinois University (NIU), requests went out to mental health professionals to volunteer in classes when the students returned to campus. As a representative of The Josselyn Center, I felt lending my support would be an important act. But even more, because I have been trained as a responder to emergency and trauma incidents and have worked in the field for 24 years, I felt that I would be able to contribute in some way.

The counselor volunteers were asked to do a number of jobs, including discussing trauma and grief with classes, offering support to students and faculty, simply being a presence in classrooms, and attending the memorial service Sunday before classes resumed. In these different settings, it became clear very quickly that each student and faculty member had a different experience of the shooting and was dealing with the event and its aftermath in different ways. In some classes, I got up and simply introduced myself and gave a brief talk about things they may be feeling and an overview of what is “normal” when something like this happens. In some classes, I listened to the students’ experiences of the events of that day and their feelings since. I made myself available in the halls if any of the students wanted to step out and talk with me individually. I also talked with faculty members about their experiences.

One of the things that struck me most while I was at NIU was the vast difference in student experiences. The first day back to classes, I was assigned to the Preschool Labs. The labs offer preschool classes for children of faculty and students, and they are where education seniors do their student teaching. Another counselor and I met with 3 of the student teachers who were there the day of the shooting. They had not seen or talked with one another since the day of the shooting. Each of them expressed how much they were looking forward to seeing each other to process their shared experience. Because

they were with the children on the day of the shooting, they couldn’t just run away, as did many of the other students and faculty who were near Cole Hall. The labs had to go into “lock-down.” The student teachers had to shut the blinds, while other students ran, and act as if nothing was wrong in order not to scare the children. With little access to information, these students had to wait until they were given the signal that all was safe.

Some students spoke of a number of other instances earlier in the year which had set the campus on high alert, and they felt that the entire year had become overshadowed by violence, both threatened and real. Many students were simply overwhelmed by personal stresses, and the shooting made that stress even more acute. One young man came in to meet with me, and he started off by saying that he was doing just fine – no problems at all – but he was concerned because he had been having disturbing nightmares since the shooting.

In any single class there was always a wide spectrum of experiences related to the shooting. One of the women in a class to which I was assigned had been close with one of the students who was injured, while several were not even on campus the day it happened. In one Education class, the discussion evolved into talking more about how they, when

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Cole Hall at Northern Illinois University

THE JOSSELYN CENTER

The Josselyn Center was founded 57 years ago to meet the need in Chicago's northern suburbs for affordable, excellent outpatient mental health care. Today, The Josselyn Center provides mental health services for residents, employees, and students in 15 communities: Bannockburn, Deerfield, Glencoe, Glenview, Golf, Highland Park, Highwood, Kenilworth, Lake Forest, Lincolnshire, Northbrook, Northfield, Riverwoods, Wilmette, and Winnetka. The Josselyn Center reaches over 5000 individuals annually. In addition to its mental health treatment programs for approximately 2000 clients a year, the Center annually offers education programs to 3200 mental health professionals and community members.

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GREETINGS FROM THE JOSSELYN CENTER 'S PRESIDENT



Gary D. Smith, M.H.A.

Last month we were rearranging some of the storage areas at the Center and we ran across a box labeled Newsletters. I took the box home with me and spent a week-end reading every one of the newsletters dating back to September 1951, the month The Josselyn Center (then the North Shore Mental Health Association, operating out of the basement of Highland Park Hospital) initially opened its doors to start seeing clients. It was fascinating reading and allowed me to reflect on the tremendous accomplishments of many wonderful and talented individuals who played such integral parts in making The Josselyn Center the great agency it continues to be today. What an incredible journey it has been! We intend to create an archive section in our library in order to make the history of The Josselyn Center available to a larger audience.

As I complete my sixth year (the last six years represent only a small leg of the agency's entire fifty-seven year journey) and embark on my seventh year of serving The Josselyn Center on July 1, it seems an appropriate time to reflect on those six years and to look at what we together have accomplished and to realize the challenges that lie ahead. Two things have remained constant during the entire journey. First is the strong dedication and commitment to the mission of The Josselyn Center by the staff, board members, honorary trustees, donors and friends. Second are the staff and my understanding of and respect for our tremendous responsibility to uphold the high standards set for the Center by all of those who have built the Center's reputation for excellence over the past fifty-seven years.

When I began my leg of the journey in July 2002, the major issues challenging the Center, in my opinion, were ensuring financial stability, improving internal operations, increasing involvement with the communities the Center was serving, and growing the number of clients we were able to reach. These issues needed to be addressed in a logical sequential order to offer best chances for success. For example, financial stability had to be achieved before major internal operations and culture changes could be implemented. Increasing faith with and involvement among the communities we serve could only be undertaken after internal operations and culture improvements were made so that we were certain that we could deliver the excellent service we were telling the community we were going to deliver. The growth in the number of clients we were able to reach by increasing the number of individuals served in existing programs and services or by adding new services could only be successful when the other issues were under control. I am pleased to report that these issues have been positively addressed and that thanks to so many of you The Josselyn Center is positioned to remain strong and healthy into the immediate and long term future.

We can't keep our mailing list without you! Please call us at (847) 441-5600 ext 124 with additions, deletions, and changes of address. Email is great, too!
dbarger@josselyn.org

Challenges, as always, do remain. The economy is making it increasingly difficult to meet our financial goals, our communities continue to need more services, the growing diversity in the population of our communities calls for increased sensitivity from all of us in understanding differences among people, and continuing to increase the center's visibility in the community and decreasing and eventually eliminating the stigma attached to those living with mental illness are some of the challenges we face today. With your continued support, the staff at The Josselyn Center is committed to continuing the successful journey and to build upon the previous fifty-seven years. Thank you for your belief in the work done at The Josselyn Center. We value this and could not meet the needs of our clients without you. You are welcome to contact me directly with any issue at 847-441-5600 extension 139 or at gdsmith@josselyn.org. Your input is always appreciated. ■

Notes from the Field *continued from page 1*

they become teachers, will be able to reassure their students that their environment is safe in the event of a similar incident. I was amazed that these students were already trying to take away lessons from this tragic event.

NIU's students impressed me with their strength. I was also impressed at how well NIU managed to coordinate so many volunteers. There were close to 600 counselors from all over the country. During the week immediately following the shooting, NIU staff met with representatives from Virginia Tech to learn about how that university had handled the shooting earlier in the year. I was struck by how ready NIU was to do whatever was necessary to ensure a safe and healthy return to classes. At the memorial service put on by the university, I found myself deeply moved by the service and the understanding of how many lives were affected by this tragedy.

The faculty also exhibited amazing strength in those first few days after classes resumed. I spoke with one professor before a class I was assigned to sit in on, and it was clear that she was having some trouble managing her own fears. She simply asked if I would lead a class discussion. Another professor, in the discussion with his Art class, admitted that he takes an anti-depressant. In another class, the professor shared with his class about a time when he was working in a middle school and one of the girls in his class approached him after class and told him her parents were getting a divorce. He said that it was clear that she needed a hug but he felt restricted both as a male teacher and by what was defined as "acceptable" for a teacher to do. He said that he always regretted not giving her a hug anyway and he wanted to be sure in this instance to let all of his students know that, even if he wasn't normally someone they thought of to come to for support, his door was open. And this time he wouldn't hesitate to give someone a hug. By that time I was ready to give *him* a hug. I was moved by his honesty and willingness to be there if the students needed him.

My trip to NIU took me through the entire emotional spectrum. After the last class I covered I was exhausted and ready to go home. While I was doing a quick overview of what they should expect and where to go if they needed additional support I noticed one of the young women had tears in her eyes and was having a hard time holding it together. When I looked at her she shook her head in a clear message not to draw attention to her. I later learned that one of the women who had been killed in the shooting was her best friend.

There are things I think about when looking back at my experience at NIU. I'm glad I was able to volunteer as a counselor. It was an honor to be able to do something to

help in any small way. A part of me can't help but think about the shooter and his family. There was so much support pouring in for the students and families directly affected by this, but there was almost an unspoken code that the shooter was not to be given any sympathy. I made a point in the classes I spoke in to open the door for thinking about his pain as well as that of his family and friends. I was acutely aware that some of his friends might be sitting in one of those classes unable to talk about their pain related to his actions. Several people commented on how much scarier he was than the shooter at Virginia Tech because he appeared so "normal" (several of the students I spoke with who knew him commented that he was "smart and pretty normal").

I recently sat on a panel for a workshop entitled "Lessons Learned: Reflections Upon Crisis Interventions, Critical Stress & Community Response." I was asked to attend because of my experience volunteering at NIU. Beside me was Ira Emkin, LCSW, Clinical Director of The Josselyn Center, who was a first responder on the scene when Laurie Dann shot six students at a Winnetka Elementary School 20 years ago this year. It's clear that we have learned to better respond to these types of tragedies. I can't help but wish, however, that we were more effective at preventing the horrible violence we are seeing all too frequently in our schools and workplaces. ■

Consumer Corner

"Growing Pains," by B.C.

As I watched my son toss and turn in his sleep, moaning in discomfort, I realized what was happening. His legs were bothering him because they were growing. Here is where I chuckled at the discomfort of my own growth. The following morning I pulled him aside to explain his pain, and with joy he smiled up at me and said, "Am I getting bigger, Mommy?" I smiled with satisfaction and said, "Yes, baby, you're going to be a big boy soon."

It all made me think about my own pain in my own growth. I thought about all the moments of discomfort that I have experienced in my own recovery. Letting go of old friends; dealing with past resentments; and letting go of all the old vices that brought me comfort in times of pain.

All of this brought me joy in understanding that the pain I had been feeling was proof of the growth that I had been surviving through. At this moment I realized that any pain felt in my future would only be proof of more growth, and now I am ready to take it with a smile saying, "Am I getting bigger, God? Thank you!"

13TH ANNUAL JOSSELYN GOLF OUTING RAISES APPROXIMATELY \$16,135

Thank you to the golfers, volunteers, donors, and all those who supported the outing by donating prizes and purchasing raffle tickets.



Honorary Trustee and Golf Committee Co-Chair Mark Anderson with son, Chris and wife Mary Beth



Board Co-Chair and Golf Committee Co-Chair Sherwin Shenfeld with wife Susan

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DONOR NEWS



Now you can help The Josselyn Center continue to provide excellent mental health and related services in the community by making a donation of goods or funds to help support our programming. Our wishlist in-

cludes: Healthy snacks for kids' groups and the therapeutic day camp over the summer; arts and crafts supplies for art therapy and groups; and books and games for the waiting rooms. You can do your part to ensure that our programs have the supplies they need to be successful. We will happily accept donations of gift cards for the purchase of snacks and waiting room items. You can also donate funds for our brand new resource center and library. With these funds we will be able to purchase books and journal subscriptions for professionals as well as consumers and their families and loved ones. To receive more details about our wishlist and how to make a donation, please contact Deborah Barger at (847) 441-5600 x 124 or dbarger@josselyn.org. ■

Community Luncheon

The Josselyn Center is fortunate to provide services in a community where so many other social service agencies and organizations are also working hard to meet the diverse needs of the residents of the North Shore and surrounding areas. It is our firm belief that only through working to foster strong relationships with our partner agencies can we be our best and have the deepest impact on the health and wellness of our community. To this end, we invited a number of other social service agencies and organizations to gather for what we hope will be a regular meeting of this network of providers. At this first meeting, held on June 6, 2008, at the Winnetka Woman's Club, we had over 20 different social service agencies or organizations represented, providing a full range of programs and services in this community. Our goal was to gather this group and try to identify gaps in services that may exist in the community, so we can work together to try to strengthen our network. Each agency had a few minutes to highlight some of the services and programs it offers, and then the representatives completed a short survey about what programs are offered and where there may still be gaps in services. Moving forward, The Josselyn Center will keep the group informed about the results of the surveys as well as next steps we can all take together to maintain strong and healthy partnerships in the community. Thanks to all who attended! ■

9th Annual Jean Paul Ohadi Conference on Children and Adolescents with Bipolar Disorders

This year's Ohadi conference marked the beginning of a change in this annual event. Rather than holding a single conference on the topic of children and adolescents with Bipolar Disorders, we held two separate conferences: one for parents and educators and one for mental health professionals. Historically, one of the challenges we faced in putting together our annual conference was trying to reach several different audiences and provide a conference that is new, informative, and well-suited to the needs of all in attendance. It became clear that the best way to do that is to provide two separate conferences, rather than a single conference for an audience with diverse educational needs.

The first part of our two-part conference on children and adolescents with Bipolar Disorders was held on Friday, March 14th, at Temple Jeremiah in Northfield. Part One was a conference for parents and educators entitled *A Developmental Approach to Understanding Diagnosis and Treatment of Children and Adolescents with Bipolar Disorders* featuring Nancy B. Austin, PsyD, Associate Director of the Lucio Bini Mood Disorders Center of New York and co-author of *Parenting a Bipolar Child: What to do and Why*. Faculty also included Ira Emkin, LCSW, Clinical Director of The Josselyn Center, Susan Lin, MD, Psychiatrist at The Josselyn Center, Ruth Field LCSW, in private practice in Highland Park, Sue Nadel, LCSW, School Social Worker at Glenbrook South High School, Deb Hinchey, Guided Study teacher at Glenbrook South High School, and Susan Resko, MM, Executive Director of The Child and Adolescent Bipolar Foundation.

The morning session included the keynote address by Dr. Austin, followed by a panel of experts from a variety of different perspectives: Child Psychiatrist, Clinical Social Worker, Parent, School Social Worker, and Teacher. Each panelist spoke briefly about some of the developmental issues that she has encountered in her experiences with children and adolescents with Bipolar Disorders. The afternoon sessions included two breakout sessions, each with two workshops from which to choose:

"Developmental Issues for Younger School Age Children", "Co-Occurring Conditions in Adolescents", "Developmental Issues for Adolescents and Young Adults" and "Updates and Advances in Diagnosis and Treatment." Attendees were given the option of attending workshops on the topic of younger school aged children, adolescents, or both. Because the issues of children with Bipolar Disorder can be so different from those of adolescents with Bipolar Disorder, the workshops were designed to offer insights that went into more depth than a presentation that covers in broad strokes the topic of Bipolar Disorder in children and adolescents.

The second part of the conference was held on May 8, 2008, also at Temple Jeremiah. This conference was originally scheduled to take place in March, but due to inclement weather it had to be postponed. Part Two was a conference for clinicians and mental health professionals entitled *Cognitive-Behavioral Therapy Interventions in the Treatment of Children and Adolescents with*

Bipolar Disorders. This conference featured a morning keynote address by Monica Ramirez Basco, PhD, Assistant Professor of Psychology at the University of Texas, Arlington and co-author of *Cognitive-Behavioral Therapy for Bipolar Disorder*. Dr. Basco's presentation provided a broad theoretical framework for Cognitive-Behavior Therapy, as well as an in-depth discussion of how Cognitive-Behavior Therapy Interventions work with children and adolescents with Bipolar Disorders, and with their families.

The afternoon program included a case presentation and discussion by Mark Kant, LCSW of The Josselyn Center (also in private practice in Skokie) and a workshop entitled Practical Applications of CBT in Treatment, led by Dr. Basco.

The two conferences were attended by approximately one-hundred individuals (fifty at each conference) and both received high marks from those in attendance. The Jean Paul Ohadi Conferences were able to provide a substantial conference booklet to all participants. Attendees were able to browse and purchase the most recent books, manuals and videos on bipolar disorder. Booths, with available literature, were operated by the National Alliance on Mental Illness (NAMI) and the Child and Adolescent Bipolar Foundation (CABF).

The Josselyn Center is proud to be able to offer this annual conference with the help and support of the Jean Paul Ohadi Foundation. Stay tuned for information about the 10th Annual Conference on Children and Adolescents with Bipolar Disorders in the Spring of 2009. ■

JOSSELYN DAY CAMP



This summer, for the first time, The Josselyn Center is offering a Therapeutic Summer Day Camp for kids between 8 and 12 years old. This camp is designed for kids who might not be able to fit in to a typical day camp program due to social, emotional, or behavioral difficulties. The camp will provide structured programming that runs the gamut from psycho-educational activities to outdoor play. Each week, camp will have a different theme, including Community, Friendship, Imagination, Health, and more. Camp will run four days a week, four hours a day, for six weeks this summer. We look forward to running a fun, fulfilling, and exciting program this summer, and in many summers to come. For information about camp, please contact Jenifer Hope, Child and Adolescent Case Manager, at (847) 441-5600 x 127.



Calendar OF UPCOMING EVENTS

All meetings will be held at The Josselyn Center unless otherwise noted

CLR DROP-IN CENTER FOR ADULTS WITH MENTAL ILLNESS

Location: 130 N. Waukegan Rd. Deerfield, IL, 60015; Lower Level, ste. 102

Phone: (847) 940-8400

Hours: Mon, Tues, Thurs 5-9 pm; Fri 3-7pm; Sun 11am-3pm. \$2 donation suggested.

THERAPY, SUPPORT, AND PSYCHO-EDUCATIONAL GROUPS AT THE JOSSELYN CENTER:

Coping with Stress and Managing Emotions

Tuesdays 6:00 - 7:30 pm

Learn skills to reduce the effects of stress and feel more in control of your emotions.

Contact: Intake Dept., (847) 441-5600 x 156

Dual-Recovery (MISA) Group

Mondays, 3:30 - 5:00pm

Psycho-educational, therapeutic support group for adults struggling with both emotional and substance abuse problems.

Contact: Intake Dept., (847) 441-5600 x 156

Family Support Group

2nd and 4th Thursdays, 6:30 - 8:00pm

Support for family members of adults with mental illness.

Contact: Intake Dept., (847) 441-5600 x 156

Girls Groups

Two groups to help girls 8-11 and 14-17 build strong self-esteem and character and help girls cope with life's challenges.

Contact: Intake Dept., (847) 441-5600 x 156

Men's Group

Thursdays, 1:00 - 2:30pm

Support group that provides an opportunity for men to discuss work, family, friends, relationships, and self.

Contact: Intake Dept., (847) 441-5600 x 156

Psycho-educational Group for Parents of Children and Adolescents with Mood Disorders

Mondays, 6:00 - 7:30pm

Support and educational group for parents will focus on developing skills and a network of support that will help parents learn to navigate the unique family landscape created by the challenges of a mood disorder.

Contact: Intake Dept., (847) 441-5600 x 156

Women's Support Group

Wednesdays 1:00 - 2:30pm

Support group focusing on relationships, family, work, transitions and more.

Contact: Intake Dept., (847) 441-5600 x 156

Young at Heart

Tuesdays 2:00 - 3:30pm, beginning 7/9/2008

For adults over 60. The group will focus on issues related to aging, including family and other relationships, work and retirement, life transitions and much more.

Contact: Intake Dept., (847) 441-5600 x 156

If you are interested in a group that isn't listed here, please contact Avital Peres at (847) 441-5600 x 149 to make a request. New groups are forming all the time!

VOCATIONAL TESTING

Mondays 7-9pm at the CLR Drop-In Center
130 N Waukegan Road, Deerfield

Lower Level, Ste 102

Contact: Dina Karvounides, (847) 441-5600 x336

JOB CLUB

This supportive group will help individuals with assessing skills and interests, planning and executing a job search, getting and keeping a job, dealing with on-the-job difficulties, and much more.

Enjoy professional guidance and peer support in this weekly, ongoing group.

Meets Monday Evenings

from 4:30 to 6 p.m.

at the CLR Drop-In Center

130 Waukegan Road,
STE 102,
Deerfield, IL

Contact: Intake Dept.,
(847) 441-5600 x 156

