



THE JOSSELYN CENTER

Excellence in Community Mental Health Care

News

New Frontiers in Wellness

Since The Josselyn Center was founded, we have continued in our commitment to providing outpatient mental health services of the highest quality. As the field of mental health develops and evolves, we are dedicated to maintaining our reputation as leaders in community mental health. Because we recognize that mental health and wellness are not and cannot be restricted to mental health centers or doctors' offices, we continue to offer programs in the community in addition to those we offer here at the center. Just as our mission is to treat and support those who are struggling with emotional, social, or behavioral difficulties and mental illness, so too are we dedicated to promoting wellness and supporting individuals, families, schools, and the community in the prevention of those difficulties. Here is a taste of some of our newest and most exciting programs.

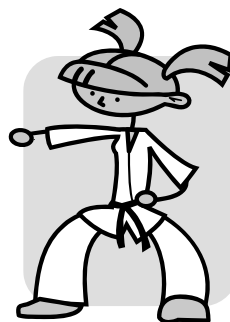
Classes for kids

The Josselyn Center staff has developed a series of programs for kids to promote social and emotional wellness. Working with our partners in the community and local schools, The Josselyn Center has begun to implement these unique and engaging classes with some exciting results.



Girl Power!

This class for 4th and 5th grade girls focuses on such issues as self-esteem, bullying, body image, peer pressure, and more.



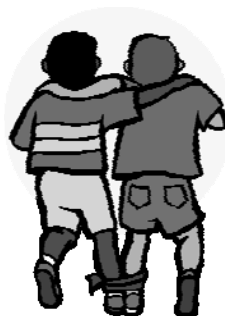
Storm Stoppers!

This anger management class for children helps kids learn constructive ways to handle their anger.

These classes and groups, as well as others still in the works, will be coming to a school or community house near you soon! Stay tuned for announcements. For more information about classes and groups, please contact Avital Peres, Community Network and Education Coordinator, at The Josselyn Center. Phone: (847) 441-5600 x 149; email: aperes@josselyn.org.

Buddy Builders!

This class for children ages 8 to 10 focuses on building and maintaining positive social relationships.



For information about The Josselyn Center's community programs for adults, see page 3, News from the CLR Drop-In Center.



Boys Can Do Anything!

This class for 3rd through 5th grade boys focuses on some of the challenges boys face every day, such as bullying, peer pressure, making friends, and more.

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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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dbarger@josselyn.org

GREETINGS FROM THE JOSSELYN CENTER'S PRESIDENT

Gary D. Smith, M.H.A.

As you are aware, on February 14th the Northern Illinois University (NIU) community suffered a tragedy on their campus in which six individuals died and several more were injured. These situations, which sadly seem to be occurring throughout our country at a shocking rate of regularity, raise questions on why they occur and what we can do to alleviate these tragedies in the future. As a community mental health agency, staff discussions around these questions are often poignant and always heartfelt. The Josselyn Center is available to assist the community in its response to this tragedy. We will be convening a health networking luncheon this spring for fellow providers of mental health services in our communities. We hope that this luncheon will give us an opportunity to reach out to our partners and strengthen the community health network. We are working with the State of Illinois to engage consumers of mental health services in providing opportunities to provide education and support for all consumers through the Wellness Recovery Action Planning (WRAP) initiative. In addition, we will have one of our counselors on the NIU campus for two days when classes resume to fully support the students, faculty and staff.

I talked to the Chair of the National Alliance on Mental Illness (NAMI) Illinois and we agreed that it would be appropriate to share with you the press release her organization put out on the NIU tragedy. It is printed in its entirety below:

NAMI Illinois offers our sympathies to the families and individual victims of the NIU tragedy. If any good can come from this, we recognize that this can in fact serve as yet one more call to action. We must address the need for education, early intervention and a fully funded mental health system that allows for on-going community mental health treatment as keys to preventing future tragedies.

With almost one million citizens of Illinois suffering from a serious mental disorder in any given year, mental illness touches almost every family in the state. It's time for each of us to become educated. Millions of Americans are affected by mental illness, yet remain untreated or under-treated for their conditions.

Mental illness is a challenge that can be met. For years we have known about proven interventions that promote recovery – including the use of new and improved psychotropic medications, and implementation of evidence-based practices (EBPs). Sadly, despite such advances, nearly 50% of all people with a serious mental illness do not get the treatment they need. In Illinois and other states inadequate health insurance coverage, stigma, financial disincentives to treatment and lack of qualified mental health professionals push needed treatments and services out of reach.

The facts are: one in four adults—approximately 57.7 million Americans—experience a mental health disorder in a given year. One in seventeen lives with a serious mental illness, such as schizophrenia, major depression or bipolar disorder, and about one in ten children have a serious mental or emotional disorder.

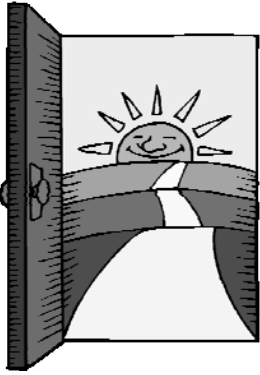
Half of all lifetime cases of mental illness begin by age 14, three quarters by age 24. Despite effective treatments, there are long delays—sometimes decades—between first onset of symptoms and when people seek and receive treatment. Illinois needs to develop and implement mental illness education programs for high school and college students, faculty, staff, and parents to help them recognize and identify symptoms of mental illness and to define avenues for intervention and treatment.

We urge Illinois colleges and universities to be responsive to meet the needs of students. NAMI urges the formation and expansion of campus services and supports for students that include easy access to campus counseling centers and expanded services, student clubs and peer support services and groups that assist and support recovery.

Illinois must immediately move forward to build a mental health care system based on proven, cost-effective practices that promote recovery goals. Starting points must include investing in services that go beyond hospitals and other institutions to reach people in the communities where they live. We must retain access to the full array of medications and treatments that support recovery from mental illness.

The staff of The Josselyn Center is committed to doing our best to better the lives of those we serve. Thank you for your belief in our work and for your continued support. We value this and could not meet the needs of our clients without you. Please feel free to contact me directly with any issue at 847-441-5600 ext. 139 or by email at gdsmith@josselyn.org. Your input is always appreciated.

News from the CLR Drop-In Center:



The Drop-In Center for adults with mental illness is now open 5 days a week! Since it opened in May of 2007, the CLR Drop-In Center has become a huge success, providing a friendly place for adults to get together with their peers. Visitors enjoy cooking together, watching movies and playing games, sharing poetry and stories, and much more.

(See back page for details.)

For adults in recovery, employment can have a significant positive impact on quality of life. Every Monday night at the CLR Drop-In Center, adults with mental illness can have an opportunity to discover through free vocational testing and consultation how to navigate the employment maze. Drop-In and check it out!



Special CLR Center Anniversary Workshop series on Recovery and Resilience. Workshops both for professionals and for consumers and families!!

Recovery and Resilience, A New Model for Mental Health Treatment: a side-by-side workshop for clinicians and consumers.

For Professionals: The two-part in-service workshop for clinicians and mental health professionals will be held at The Josselyn Center on Monday, April 28, 2008, from 9:00am to 12:00pm, and Monday, May 5, 2008, from 9:00am to 12:00pm. Mental health professionals will learn about the Recovery and WRAP models and what they mean for the present and future of mental health care. CEU's are available.

For Consumers, their Families, and the Public: In honor of the first anniversary of the opening of the CLR Drop-In Center for Adults with Mental Illness, The Josselyn Center is hosting a community celebration and workshop on Recovery and Resilience for consumers and family members. The workshop is free and open to the public. It will be held at The CLR Drop-In Center on Monday, April 28, 2008, from 6:30pm to 8:00pm, and doors will open at 5:00pm for refreshments and a celebration of CLR's first anniversary.

For more information and to register, please contact Avital Peres at (847) 441-5600 x 149.

FUNDRAISING NEWS

We would like to thank everyone who attended or supported our November 16, 2007, Fall Benefit, "Survivors in Mental Health," at The Westin Chicago North Shore Hotel in Wheeling. The Benefit netted approximately \$14,000, and all proceeds will be used to help The Josselyn Center continue to provide the highest quality mental health services to our community. Josselyn Honorary Trustee Gene Rintels was honored for his commitment to and support of the C.L.R. Drop-In Center for adults with mental illness. In addition, the evening featured a presentation by Bridget Costello and a performance by The Spider Saloff Quartet.

Thank you to the following individuals and organizations for their dedicated support:

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Pictured above: (left) Honoree Gene Rintels (left) with presenter Bridget Costello (right) and her aunt Jean Barry. (Right) Benefit Co-Chairs Ila D. Rothschild (left) and Sherwin Shenfeld (right).

Thanks also to:

The Spider Saloff Quartet

Dan Pierson, Reception Pianist

The Westin Chicago North Shore Staff

Ryan Roessler, Photographer

Multicopy Corporation for invitation printing

MC2 Communications Consortium for invitation design

Ila Rothschild, for donation of CDs

Michael Sobel, for ticket donation to Josselyn Staff

All our dedicated volunteers

Save the Date: This Year's Annual Golf Outing will be Monday, June 16, 2008!

For more information about this event, please contact Mr. Gary D. Smith at (847) 441-5600 x 139.



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 JOSSELYN CENTER:

Family Support Group

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

Support for family members of adults with mental illness.

Dual-Diagnosis Group for Adults (MISA)

Mondays, 3:30 - 5:00pm

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

Women in Transition

Wednesdays 10:00 - 11:30am

Support group for women dealing with mid-life issues.

Adolescents and Young Adults with Mood Disorders

Support group that provides adolescents and young adults an opportunity to share their experiences with mood disorders with their peers.

Relationship Group for Adults

Supportive group counseling that addresses issues of developing and maintaining relationships.

Girls Groups

Two groups to help girls 8-12 and 13-17 build strong self-esteem and character and help girls cope with life's challenges.

Men's Group

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

Adolescent Dual-Diagnosis Group

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

For information about any of the above groups or other services at The Josselyn Center, please contact Michelle Stahley, Intake Coordinator, (847) 441-5600 x 156.

For information about other Josselyn Groups and Classes, please contact Avital Peres, Community Network and Education Coordinator, at (847) 441-5600 x 149.

PARENTING CLASS: RAISING SAFE KIDS

Making early violence prevention part of the community's efforts to prevent violence and educating adults to create safe environments for children.

This class for parents of children from birth to age 8 will begin Thursday, March 13, 2008, and will run for 8 consecutive Thursdays from 6:30pm to 8:00pm. Some of the topics covered include: Understanding your child's behavior, conflict resolution, positive discipline, and the influence of the media on children's behavior.

Fee: \$10 per session. Space is limited. Contact Avital Peres for registration and details. (847) 441-5600 x 149.

The Josselyn Center Presents:

The 9th Annual Jean Paul Ohadi Conference on Children and Adolescents with Bipolar Disorders—A Conference in Two Parts:

Part One: Cognitive Behavioral Therapy Interventions in the Treatment of Children and Adolescents with Bipolar Disorders, a conference for clinicians and mental health professionals. Keynote Speaker: Monica Ramirez Basco, PhD, co-author of *Cognitive-Behavioral Therapy for Bipolar Disorder*.

- Date: Friday, March 7, 2008.
- Time: 8:00am—4:30pm
- Location: Temple Jeremiah. 937 Happ Road. Northfield, IL. 60093.

Part Two: A Developmental Approach to Understanding Diagnosis and Treatment of Children and Adolescents with Bipolar Disorders, a conference for parents and educators. Keynote Speaker: Nancy B. Austin, PsyD, co-author of *Parenting a Bipolar Child: What to Do & Why*.

- Date: Friday, March 14, 2008.
- Time: 8:00am—4:30pm.
- Location: Temple Jeremiah. 937 Happ Road. Northfield, IL. 60093.

Fee: \$130 per day, \$200 for both days. Some scholarships available. For information contact Avital Peres (847) 441-5600 x 149