

Excellence in Community Mental Health Care

## Your Support Helps The Josselyn Center Touch Lives

*The two case studies below demonstrate how your interest and support of the Josselyn Center does make a difference in peoples' lives. On behalf of all the individuals and families we are privileged to serve, thank you.*

### ANNIE: A CASE HISTORY

Annie is a 9 year old third grader who has been receiving therapeutic services from The Josselyn Center since 2<sup>nd</sup> grade. She was a highly anxious child with many worries, fears and concerns. Annie was not attending school, would not separate from her mother, followed her mother around the house and experienced great difficulties sleeping because of night terrors. She slept in her mother's bed and her father slept elsewhere. She had no friends and even supervised play dates were out of the question. Annie was fearful of a lot of things including bugs and spiders, and was unable to participate in family activities and be outdoors. Thunderstorms terrified her and she would insist on her mother watching the weather channel and then worry constantly about the results.

Annie was brought to Josselyn by her mother, who was already being treated at the Center for depression. On Annie's first visit her therapist found her throwing up in a waste basket in the waiting room because she was so anxious about the new experience of being here. Annie received a complete psychiatric and medical evaluation and after a comprehensive evaluation by the multidisciplinary team she was put on medication to alleviate her anxiety and was assigned a therapist. Much of the therapist's time was dedicated to working with Annie, coaching her parents in parenting skills, coordinating her progress with Josselyn's psychiatrist and working with the school on how to intervene on Annie's behalf. At first Annie was so terrified to be in school that her mom had to be in the classroom with her, then outside in the hallway, and eventually a phone call away.

Today Annie goes to school on a regular basis, is learning and getting good grades, is able to go on play dates, and sleeps in her own room. The family is now able to go on outings. Her Josselyn therapist noted the other day that when Annie saw a bug on her therapist's wall she decided it was "o.k. to let it be there" instead of resorting to her tearful hysteria. The school social worker recently called the Josselyn therapist to tell her she felt like Annie was a new child. Even in the waiting room she will now make eye contact, smile, and talk with Josselyn staff with whom she is familiar - mostly about her beloved cats. A far cry from throwing up in the waste basket.

Annie continues to need medication and therapy for her acute anxiety disorder and is constantly learning more ways to cope with every day life and unexpected events without reverting to her past ways of reacting. Her parents welcome the support and parenting skills offered by their Josselyn therapist. Her mom continues to need medication, medication monitoring and therapy to deal with her own issues.

*For purposes of confidentiality some identifying information and exact situations have been modified.*



### MARK: A CASE HISTORY

Mark is a 5th grader. He was adopted at the age of 6 months, as was his younger sister. When Mark was 4 years old, his adoptive father developed brain cancer and died within 6 months. Of course, this left Mark with a double father loss; his biological father and his adoptive father, who he dearly loved and to whom he was dearly attached. His father had some insurance money, and mother has been able to maintain the family in the community. However, she has struggled to make ends meet, both because she now is a single parent with 2 young children and because the children have special needs.

Mark had been diagnosed with Learning Disabilities and Anxiety Disorder, and has required therapy and medication at The Josselyn Center. Mother has entered her own therapy to deal with depression and her own issues of loss and abandonment, and also has benefited from a group parenting service offered at The Josselyn Center.

Recently, as Mark's sister entered the 3rd grade she started to act-out, being very disruptive in the classroom, fighting with her classmates, showing signs of serious depression and self-destructive behaviors. She is now seeing a therapist at the Center to work on these issues, as well as the losses within the family and her own feelings of

*continued on page 5*

### Fall Fundraiser *details on page 4*



*Pianist Andrew Guo with event co-chairs Gary Quinn and Ila Rothschild*

## THE JOSSELYN CENTER

*The Josselyn Center was founded 55 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 5,000 individuals annually. In addition to its mental health treatment programs for approximately 2,000 clients a year, the Center annually offers education programs to 3,200 mental health professionals and community members.*

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## GREETINGS FROM THE CENTER'S PRESIDENT

Gary D. Smith, M.H.A.

Now in my fifth year, I remain pleased and honored that the Board of Directors continues to entrust me with the privilege of serving as the President of The Josselyn Center. I am constantly humbled by the dedication and the commitment of the staff, board members, honorary trustees, donors and friends on behalf of the children, adolescents, adults and families we are privileged to serve. I feel a tremendous responsibility to all of those who have paved the way over the past 55 years to help The Josselyn Center earn its highly regarded reputation of providing excellent mental health services to individuals and families in our communities by remaining loyal to the values and vision of our founder, Dr. Irene Josselyn, and her colleagues.

As we continue to build on the legacy of those who have come before us, changes and improvements continue to take place at The Josselyn Center. Our financial situation is once again stable which will allow us to work with the communities we serve to explore appropriate areas for growth via new programs and services and to expand existing services. We have increased our involvement in the community with staff members serving in leadership positions on several mental health councils and associations. We continue to achieve high client satisfaction scores and excellent results in our clinical outcome measurements. We have increased our ease of access for our clients by adjusting office hours, including expanding availability of Saturday appointments to meet the request of our clients, by streamlining the intake process so that clients can be seen within three days or earlier from their original request for services, and by hiring three case managers to enhance our ability to reach out into the communities to clients who find it difficult or impossible to travel to the Center.

Our major challenges over the next few months include renewing our accreditation with the Commission on Accreditation of Rehabilitation Facilities (CARF) by May, 2007, rolling our existing three year strategic plan forward through the year 2010, increasing the number of board members serving the Center, continuing to be responsible stewards of our finances in increasing difficult times, achieving predictable and improved quality of clinical and service outcomes, growing the number of clients served and continuing to increase our visibility in the community by building trust and collaborating with other entities to better serve the community as a whole.

We plan to meet the ever-changing and growing needs of those we serve. Thank you for your belief in us 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 extension 139. Your input is always appreciated.



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

### INTERESTED IN SERVING JOSSELYN AS A BOARD MEMBER?

The board of directors, via its' nominating committee, has worked extremely hard over the past few months in reviewing board member expectations, updating board information packets and orientation booklets and in revising the process to allow new board members to immediately feel a part of the Josselyn family. If you or someone you know is interested in exploring the opportunity to serve as a board member, please contact Gary D. Smith, President, at 847-441-5600, ext. 139. Gary will be pleased to answer any questions you may have.

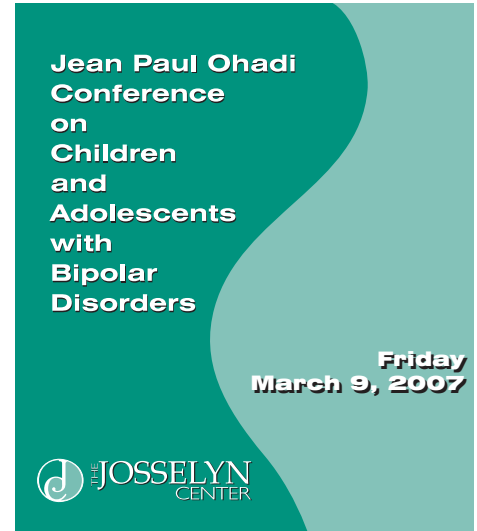
# CHILDREN AND ADOLESCENTS BIPOLAR DISORDER CONFERENCE SCHEDULED FOR FRIDAY, MARCH 9<sup>TH</sup>, 2007

The Josselyn Center, through a generous grant from The Jean Paul Ohadi Foundation, will present the 8th Annual Jean Paul Ohadi Conference on Children and Adolescents with Bipolar Disorders on Friday March 9th, 2007. The conference, to be held at the Radisson Hotel Northbrook, 2875 North Milwaukee Avenue, Northbrook, Illinois will run from 8:00a.m. to 4:30p.m. The conference is open to mental health professionals, educators and parents.

This year's conference is titled **Navigating the Family Landscape: Issues in Raising the Bipolar Child.** Mary Fristad, M.D., Professor of Psychiatry and Psychology at Ohio State University, will be the keynote speaker. Dr. Fristad, who's area of specialty is childhood mood disorders, will present Raising a Moody Child in the morning session and will present Psycho-education with Families of Bipolar Children and Adolescents in the afternoon session.

The morning session will also include a presentation by Michael McNulty, PhD, on **Concept of Family Crisis when Parenting a Bipolar Child or Adolescent.** There will be an opportunity for a question and answer period. The afternoon session will also include three break out sessions, geared to educators, parents and mental health professionals respectively.

Bipolar disorder, also known as manic depression, is a serious but treatable disease. It is a disorder of the brain marked by extreme changes in mood, energy level and behaviors which can lead to frequent sadness, impaired judgment, feelings of euphoria, impulsivity, irritability and agitation. Childhood onset often includes more aggressive explosive behaviors. These changes can occur over long periods of time or can "cycle" very rapidly over a course of several hours or days. The earlier bipolar disorder is diagnosed and treated the more successful the course of treatment.



A detailed agenda of the conference will be posted on The Josselyn Center website, [www.josselyn.org](http://www.josselyn.org). For further information, please call June Aimen M.S. at 847-441-5600 ext 142.



## EIGHTY GOLFERS SCORE FOR JOSSELYN

The 11th Annual Josselyn Center golf outing was held on June 12, 2006 at the beautiful Pine Meadow Golf Club in Mundelein. The outing was co-chaired once again by Josselyn Honorary Trustee Mark M. Anderson and Josselyn Co-Chair of the board of directors Sherwin Shenfeld. They do a great job and the only thing Mark and Sherwin do not guarantee is that the weather will cooperate. Everything else they have well under control! Since we moved the outing from May to June two years ago, they are close to ensuring that even the weather will be as great as it has been the past two outings. The outing raised approximately \$15,000 on behalf of Josselyn. Next year's outing is scheduled for Friday, June 11, 2007 at Pine Meadow. We would love to have you join us.

Thank you to the golfers, the volunteers and to all of those who supported the event with raffle prize and tickets. A special thanks to:

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FRESH FRUIT: Strube Celery & Vegetable Company  
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ENERGY DRINKS: Zafi Energy Drinks  
MUSTANG COUPE  
HOLE IN ONE PRIZE: Bredemann Ford & Lexus- Glenview

### GOLF COMMITTEE

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Barbara Lannon  
Michael Martinez  
Ken Runnfeldt  
Michael Shenfeld  
Gary D. Smith



# Fall Fundraiser Helps Josselyn Clients

The Josselyn Center held its annual Fall Fundraiser on November 17, 2006 at the Mid-America Club on the 80th floor of the Aon Building overlooking Lake Michigan. This year's event, attended by 110 guests, honored supporters of excellence in the field of mental health and carried the theme "for the children". The event was co-chaired by Josselyn board members Gary Quinn and Ila S. Rothschild, M.A., J.D. and raised over \$28,000 for the Center.

The evening featured a cocktail reception and hors d'oeuvres, a wonderful performance by 7-year old pianist Andrew Guo, who was the first place winner of the 2005 Music Festival in honor of Confucius Piano Competition and 2006 Society of American Musicians Competition, dinner and an awards ceremony honoring Regina Siske and the Child and Adolescent Bipolar Foundation (CABF).

REGINA SISKE has been in the forefront of health issues, including mental health, in both her working career and her volunteer work. She was a board member of The Josselyn Center for several years where she was an active member of several board committees, chaired a major fund raising event and served as Development Chairman for the Center. Since leaving the board when her terms expired, Regina has faithfully continued to advocate for the mentally ill by serving as an Honorary Trustee of The Josselyn Center. Regina is recognized for her works in Who's Who of American Women and in Who's Who in America.

THE CHILD & ADOLESCENT BIPOLAR FOUNDATION (CABF) educates, supports and advocates for parents raising children with bipolar disorder. Founded in 1999, CABF has quickly grown to become the country's premier pediatric bipolar educational, support and advocacy organization currently serving 26,000 constituents. Over its short history, CABF has built the highest degree of scientific credibility by drawing upon the expertise of two dozen of the country's leading psychiatric researchers who are members of its Professional Advisory Council.

Thank you to all who attended, to all the volunteers and to those who supported the event through sponsorships and donations. A special thanks to the following:

## Silver Sponsors

Pioneer Press  
Shenfeld and Company LTD  
Regina Siske- 2 sponsorships  
The Steinback Family

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Lynn and Gary Quinn  
Anne and Tony Ruzicka  
Amy and Michael Sobel  
Ann and Arnold Wolff



Above: Susan Resko, Executive Director of CABF, thanking Josselyn for the award  
Below: Regina Siske thanks Josselyn



Bronze Sponsor and board member Paul W. Stiffler, Ph.D. of Medtrol, Inc. with wife and Honorary Trustee Marty.



Silver Sponsor and board co-chair Sherwin Shenfeld with wife Susan.



Silver Sponsor and Honorary Trustee Joanne Steinback, right, with Silver Sponsor and honoree Regina Siske.



Sarah J. Johnson, Development Committee member (right), representing Bronze sponsor John R. Waters & Company draws raffle tickets with board co-chair Sherwin Shenfeld and board member Luana Bricco.

## MARK: A CASE HISTORY

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abandonment in knowing she was adopted.

The multiple contacts per week with this family have been essential to provide a continuum of care to the family unit. Without these multiple weekly contacts, mother and child would continue to be unstable, which would result in an escalation of the problem. With the broader continuum of care, which includes individual therapy for Mark, psychiatric care for Mark, frequent school contacts by the Josselyn staff, psychological testing for Mark, therapy for his sister and parent guidance and therapy for their mother, the family has stabilized. As of today, with the comprehensive therapeutic services provided by The Josselyn Center, both children and mother are functioning well in the community, at home and in the school.

*For purposes of confidentiality, some identifying information and exact situations have been altered.*

## Ways You Can Give to The Josselyn Center

No matter the size, every contribution is important. Your gift will enable The Josselyn Center to continue providing the highest quality mental health and related services for individuals and families without regard to ability to pay. Donations to The Josselyn Center go a long way. There are many different ways to contribute. To make a gift to The Josselyn Center, please call our Development Department at 847-441-5600 ext. 162. Gifts to The Josselyn Center are tax deductible!

### CASH GIFT

#### Pledge

A pledge of any amount can be paid over time in cash or stocks. Monthly, quarterly and other payment schedules are available.

#### Stock

By contributing appreciated stocks, you receive the tax deduction while avoiding capital gains tax.

#### Bequest and Other Planned Gifts

Designate The Josselyn Center as a recipient of a cash gift or percentage of your estate in your will or as beneficiary of a charitable reminder trust or life insurance policy.

#### Tribute/Memorial

Honor someone living or deceased, or celebrate a birthday, graduation or wedding with a gift.

#### Corporate Workplace Giving & Employee Matching Plan

Designate The Josselyn Center to receive payroll deductions and/or have your employer match your contribution.

#### In-Kind Services

These can include donated printing, materials, computers, software and professional services.





## Calendar OF UPCOMING EVENTS

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

### PSCHO-EDUCATIONAL, SUPPORTIVE AND THERAPEUTIC GROUPS

#### Support Group for Adolescents with Mood Disorders

A group that gives adolescents an opportunity to share their experiences with mood disorders with their peers  
Contact: Ira Emkin L.C.S.W. 847-441-5600 ext. 128

#### Anger Management Class For Adults

(runs for 8 weeks)

A psycho-educational group to help members develop cognitive behavioral skills for better management of anger  
Contact: Larry Greenberg L.C.S.W. 847-441-5600 ext. 141

#### Family Support Group

2nd and 4th Thursdays 6:30 to 8 PM.

For families with adult mentally ill family members  
Contact: Carol Cann L.C.P.C., C.A.D.C.  
847-441-5600 ext. 134

#### MISA Group

A psycho-educational, therapeutic support group for individuals struggling with both emotional and substance abuse problems  
Contact: Carol Cann L.C.S.W., C.A.D.C.  
847-441-5600 ext. 134

#### Relationship Group for Adults

This group offers supportive counseling that addresses issues of developing and maintaining relationships  
Contact: Lisa Crenshaw 847-441-5600 ext. 164

#### Women in Transition

Wednesdays 10:00 to 11:30 A.M.

For women dealing with mid-life issues

Contact: Monica Robinson L.C.S.W. 847-441-5600 ext. 131

#### Young Adult Group

Tuesdays 6:00 to 9:00 PM.

Socialization and independent living skills group for young adults with developmental disabilities

Contact: June Aimen M.S. 847-441-5600 ext. 142

visit us on the web at [www.youngadultprogram.org](http://www.youngadultprogram.org)

#### Psycho-Educational Group for Young Adults

Ages 18-30 with Bipolar Disorder or Depression

Classes that will focus on understanding Bipolar Disorder and Depression as well as learning strategies to better manage life.  
Contact: Ira Emkin L.C.S.W. 847-441-5600 ext. 128

#### Educational/Support Group for Parents of Children and Adolescents with Bipolar Disorders

6:30 P.M. to 8:30 P.M. (dinner and childcare provided).

Held at Youth Services of Glenview/Northbrook,  
3100 West Lake Avenue, Glenview, IL 60025

This group is offered free of charge thanks to the generous funding of the Jean Paul Ohadi Foundation. The Ohadi Foundation is dedicated to serving children and youth suffering from bipolar and related disorders and their families.

Contact: Nancy Bloom, M.Ed. at 847-724-2620 or Steve Vogelstein L.C.S.W. at 847-441-5600 ext. 130

#### Girls' Group

A group to help girls ages 11-13 build strong self-esteem and character through engaging activities and discussions about issues girls face everyday, from school to home and everywhere in between.

Contact: Avital Peres 847-441-5600 ext. 149

#### Girl Power

Tuesdays 4:00 to 5:30 P.M. January 16 through March 13

In Partnership with the Highland Park Community Foundation and The Marcia Rosenblit Memorial Fund  
A weekly group designed to help girls in 4th and 5th grade build strong self-esteem and character through activities and discussions about issues facing girls today. Meets at the Highland Park Community House, 1991 Sheridan Road  
Contact: Avital Peres 847-441-5600 ext. 149

### SOCIAL WORK AND LCPC WORKSHOPS

#### Substance Abuse and Mood Disorders in Adolescents and Young Adults

December 1, 2006

Presenter: Stephan R. Cann, M.D., Psychiatrist

Contact: June Aimen M.S. 847-441-5600 ext. 142

#### Treatment Issues in the Management of Late Adolescents and Young Adults with Bipolar Disorder

January 26, 2007

Presenter: Ira Emkin, L.C.S.W.

Contact: June Aimen M.S. 847-441-5600 ext. 142

### EARLY CHILDHOOD WORKSHOPS

#### A Two Part Workshop on Regulatory Disorders

December 6 & 13, 7:00 to 9:00 PM.

Part I- Sensory and Emotional Behaviors Underlying Attention & regulatory Disorders

Part II- How to Apply Sensory Motor & Emotional Behavioral Strategies in the Preschool Classroom

Presenters: Beth Olsen, M.S., Otr/L and

Mickie Somerman, B.A./ECE

Contact: June Aimen M.S. 847-441-5600 ext. 142

#### Grief/Mourning and Loss

A workshop to help teachers understand and process feelings about death and to learn some strategies to help support children and families faced with loss

January 17, 2007, 7:00 to 9:00 PM.

Presenter: Barbara Hosinski, M.Ed., Psychotherapist,

Barr-Harris Children's Grief Center

Contact: June Aimen M.S. 847-441-5600 ext. 142

#### Kindergarten Readiness:

Workshop closed

February 6, 2007

#### Kindergarten Readiness

February 13, 2007, 7:00 to 9:00 PM.

Presenter: Linda Watson, Psy.D.

Contact: June Aimen M.S. 847-441-5600 ext. 142