

OUR CAPACITY TO HEAL

A message of hope

EVE A. WOOD, M.D.

*On the most recent National Depression Screening Day, Dr. Eve A. Wood, Psychiatrist and author of **Medicine, Mind and Meaning** gave a short lecture on her theory of healing to an audience of community and staff members of The Josselyn Center. Dr Wood presented an integrative approach to healing which combines traditional psychiatric practices and universal spiritual principles. Following is a brief excerpt of her talk in which she describes her philosophy of healing.*

Gillie came to me in August of 1988 – a 42 year old widow with three young children; a troubled woman with a multiple personality disorder. She was severely depressed and chronically suicidal. She had made at least ten near fatal suicide attempts. She had not lived a single day of her life, since the age of five, without cutting herself or burning her forearms with a hot iron. Having been in intensive psychiatric care for many decades without much progress, she asked me to help her heal.

As a naïve new psychiatrist, I took on this monumental challenge. I worried constantly about my new patient. Would she make it to the next appointment or would she take her life first? I required regular safety commitments. So when I found her unconscious outside of my office three months into our work together – she had taken an overdose – I stopped working with her. We had no trust between us and no ability to partner.

A colleague became solely responsible for her care until she committed to resuming care with me without engaging in any self-destructive behavior. She understood that cutting, burning and suicide attempts would not be tolerated. I would help her in any way I could as long as she agreed to talk to me, reach out for help, establish goals for treatment and refrain from self-injury.

Who was I to demand the impossible? And what made me think it would work? I really saw no choice. Were I to be able to help Gillie, she needed to choose to partner with me. She needed to choose life over death. I needed to support her through the ongoing hopelessness and despair.

Today, Gillie no longer suffers from multiple personality disorder. She is no longer clinically depressed. She has not cut herself, burned herself or made a suicide attempt for 13 years. Although she didn't believe she could stop these behaviors, she agreed to my terms! What a decision! Although her healing journey has been long, challenging and often overwhelming, Gillie now says: "I *used* to have mental illness!" She is now healed.

What is the lesson of her tale? I believe, in the deepest recesses of my being that where there is a will to transform a life, there is always a way to do so. This belief guided me in my work with Gillie. In fact, this belief guides me in all my work. If we each do our part to heal ourselves and one another, the greater healing power in the universe will enter in to guide us through the challenging times. That's what I experienced in my work with Gillie. I have routinely had that experience with other patients. Having spent 28,000 hours in the care of troubled individuals from all walks of life, I have learned that we can all heal from the most devastating of traumas, and transform our pains and depressions into experiences of joy and fulfillment.

Chris came to me in his early 50's. He, like Gillie, had been in psychiatric treatment since childhood. His referring psychiatrist had given up on him. She actually told me: "Chris has been with me for years. He is poly-addicted, has an acerbic personality, a history of no intimate relationships and no current friends. I have hit a wall with him. I hope you can help. I see no endpoint to his therapeutic need!"



I thought I would find Chris to be a recalcitrant and uncooperative fellow. I was truly surprised by what I found. He was open to change and willing to work very hard. Our journey together was fraught with challenge. We needed to tackle addictions, family-of-origin issues, spiritual bankruptcy and much more. But, over the course of ten years, Chris was able to transform his life. He ultimately graduated from my care a married man with children! He no longer needs psychiatric treatment.

Both Chris and Gillie participated in a step-wise journey to healing. Their paths involved identifying and working creatively on biological, psychological and spiritual issues. Both experienced fits and starts, ups and downs, and moments of hopelessness. Yet each was able to triumph and graduate from psychiatric care.

I believe in every individual's capacity to heal. I believe each of us can take charge of our emotional life. Every psychiatric diagnosis is made on the basis of the individual's story. There are no diagnostic tests in psychiatry! We have only screening tools. Therefore, if we know enough about the symptoms of common disorders, we can determine whether or not we might have a particular problem like depression or anxiety disorder. We can become the best stewards of our own healing journeys. We

continued on page 4.

THE JOSSELYN CENTER

The Josselyn Center was founded 54 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 4,000 individuals annually. In addition to its mental health treatment programs for approximately 1,600 clients a year, the Center offers education programs to 2,500 mental health professionals and community members.

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GREETINGS FROM THE CENTER'S PRESIDENT

GARY D. SMITH, M.H.A.



I hope this finds you in good health and full of optimism as the weather begins to warm and we move into summer. Just as the weather often brightens our spirits and increases our optimism, my spirits are constantly lifted and my optimism is always enhanced by the tremendous efforts put forth by The Josselyn Center staff, the board of directors, the honorary trustees, our donors and our friends on behalf of the clients we serve.

These efforts have resulted in many positive outcomes. Our clients continue to show improvement in their functional status and in how they view their life situation. Our client satisfaction rates remain at well over 90% in key questions regarding how the clients rate their therapist in understanding their problem, in how overall satisfied they are with Josselyn services and in whether or not they would recommend Josselyn to others. We have regained our financial stability in that we have completely replenished the reserves back to the level they were at five years ago and now continue to operate within our board approved budget. We received the highest level of accreditation that can be awarded by the Commission on Accreditation of Rehabilitation Facilities (CARF) and as such are fully accredited for a period of three years from May 2004 through May 2007 for our adult and child and adolescent outpatient mental health programs. In January 2005 we received the highest score (93%) that Josselyn has ever received in an audit conducted by the Illinois Bureau of Accreditation, Licensure and Certification, resulting in a three year certification with no corrective action plan necessary. Also in January 2005, the board approved our three year strategic plan to guide us from 2005 through 2007. The strategic plan supports controlled growth, reflects a responsiveness to community needs, demonstrates clinical and service excellence and is fiscally responsible.

We have identified eight key success factors that we feel we need to emphasize to ensure that The Josselyn Center continues to be a major contributor to the health of the individuals and communities we serve. They are (1) financial stability, (2) a high level of client satisfaction, (3) a high level of staff satisfaction, (4) a high level of stakeholder satisfaction, (5) measurable and successful clinical outcomes, (6) national accreditation, (7) growth in clients served, and (8) timely and appropriate adaptation to community needs now and into the future.

We plan to meet the ever-changing and growing needs of those we serve and will strive to become the agency of choice for clients, referral sources, funders and employees. Thank you for your belief in us and your continued support. We value this and could not operate without you. Please feel free to contact me directly with any issue at 847-441-5600 ext. 139. Your input is always appreciated.



The Board Welcomes New Member

The board elected **Emily B. Kirby, Ph.D.** to a three year term as a member of our board at its December 2004 meeting. Emily, a psychologist and writer, has taught at several colleges in the United States, has served on several committees regarding women in the workplace and has been active as a board member and volunteer

for several not-for-profit agencies and organizations. She now runs a small business, the proceeds of which are placed in a foundation for the support of young artists. Emily resides with her husband Frank in Riverwoods. We look forward to the contributions we know Emily will make to our board.



WHEN TO SEEK HELP FOR YOUR CHILD

Parents are usually the first to recognize their child has an emotional or behavioral problem. As a first step, try talking to your child about his or her feelings. Talking to other adults who know your child well might also resolve problems. If you notice the following signs, consider a psychiatric evaluation:

Younger children

Marked drop in school performance, or poor grades despite trying very hard.

A lot of worry or anxiety, as shown by regular refusal to attend school, sleep or take part in normal activities.

Hyperactivity, fidgeting, constant movement beyond regular playing.

Frequent nightmares.

Disobedience or aggression for longer than six months and provocative opposition to authority figures.

Frequent, unexplainable temper tantrums.

Pre-adolescents and adolescents

Marked change in school performance.

Inability to cope with problems and daily activities.

Marked change in sleeping and/or eating habits.

Many physical complaints.

Sexual acting out.

Depression shown by sustained, prolonged negative mood and attitude, often accompanied by poor appetite, difficulty sleeping or thoughts of death.

Abuse of alcohol or drugs.

Intense fear of becoming obese with no relationship to actual body weight; purging food or restricting eating.

Frequent nightmares.

Threats of harming self or others.

Frequent outbursts of anger or aggression.

Threats to run away.

Consistent violation of rights of others; opposition to authority, truancy, thefts or vandalism.

Strange thoughts and feelings, unusual behaviors.

Source: American Academy Of Child and Adolescent Psychiatry

2005 JEAN PAUL OHADI CONFERENCE

On Friday, March 11th The Josselyn Center hosted the 6th annual Jean Paul Ohadi Conference on Children and Adolescents with Bipolar Disorders at the Five Seasons Country Club in Northbrook. 113 mental health professionals, educators and parents heard Dr. David Miklowitz, Professor of Psychiatry and Psychology at the University of Colorado- Boulder, discuss **Individual and Family Treatment Interventions**.

Following his presentation, the audience broke into three separate interest groups. Clinicians heard a presentation by Dr. Amy Eldridge, Dean of the Institute for Clinical Social Work in Chicago, on the **Application of Self-Psychology to the Treatment of Bipolar Children and Adolescents**. Educators attended a presentation by the special education teachers at the Edison School in the

Skokie School District on **Strategies for Managing and Educating the Bipolar Child in a Public School Setting**. Parents and family members heard Dr. Kate Pravera, Executive Director of the Child and Adolescent Bipolar Foundation, talk about **Towards Effective Communication with the Treatment Team: A Parent Perspective on What Parents Need to Know**.

Following a lunch break, Ruth Field, L.S.W., Clinician at The Josselyn Center, discussed **Issues Around the Loss of the Idealized Child**. Her address was followed by an **Ask the Experts Session**, during which the audience posed questions to a panel consisting of all of the speakers of the day. This last session proved to be a most lively session as participants were able to pose their questions to the expert panel.

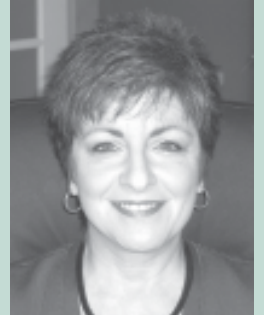
Continuing education credits were given to licensed Social Workers and Educators.

Meet our Newest Staff Members

We are pleased to introduce you to our two newest staff members.

Ruth Field, L.S.W., joined our staff as a therapist and social worker in November 2004. She had previously been a student for two years at Josselyn, and loved it so

much she just had to come back! Ruth is the co-founder of the Child and Adolescent Bipolar Foundation (CABF) and has served as the Managing Director of CABF. She often acts as presenter at various workshops and is one of the co-authors of Josselyn's manual "Understanding and Educating Children and Adolescents with Bipolar Disorder: A Guide for Educators". She holds a Masters of Social Work from Loyola University of Chicago.



Joyce Kocher, M.D., joined our staff as a part-time child and adolescent psychiatrist effective January 2005. Dr.

Kocher also sees adults who are in crisis. She is a graduate of the University of Illinois at Chicago Medical School and completed training as a resident in Child and Adolescent Psychiatry at the University of North Carolina Hospitals. Dr. Kocher has served fellowships at the University of North Carolina and at Northwestern University Medical School. She was the Medical Director and founder of the Adolescent Outpatient Program at Evanston Northwestern Healthcare and has a private practice in Skokie. Dr. Kocher is active in several areas of professional service and is a regular lecturer in the field of psychiatry.



We are pleased to have both Ruth and Dr. Kocher as members of the Josselyn family.

...Our Capacity to Heal, continued from page one

can begin to find the right-enough-fit providers to help ourselves heal. We can take on our family of origin and spiritual dimension issues in a similar way. We need to educate ourselves and trust our gut. We have amazing potential! Like Gillie and Chris, we can transform our lives.

What ingredient is most crucial to our healing? Our belief in the power of the possible. We need to keep searching for those providers, partners, mentors and guides who nurture us. We must use what makes sense as long as it makes sense to us, continue to ask for help and never allow ourselves to give up. Where there's a will to transform a life, there's a way to do it. I believe in your infinite potential!

I Believe in You: A Closing Blessing

May you rise to face each day with hope,
May you cherish your accomplishments however small,
May you share of your gifts however humble,
And accept your limitations however huge.

May you strive to grow and help others to do so,
May you ask for help more often than before,
May you offer assistance more freely than you used to,
And relish the pleasure that comes from shared lives.

May you cultivate your capacity to give and receive love,
And nurture the pleasure you experience in small gifts,
May you ever choose life,
And never give up growing.

May you experience fulfillment,
And live a life of peace.
Amen.

Article based on excerpted material from *Medicine, Mind and Meaning, A psychiatrist's guide to treating the body, mind and spirit* by Eve A. Wood, M.D.

The Josselyn Center participated in the **7th Annual National Alcohol Screening Day**, Thursday, April 7th 2005 from 8:30 A.M. to 3:00 P.M. at the Second Municipal District Circuit Court of Cook County, 5600 Old Orchard Road, Skokie, IL. Clinicians from The Josselyn Center were there to conduct the screenings and distribute information regarding substance abuse. For further information regarding alcohol screening, contact Jillian Eichel, L.P.C., 847-441-5600 ext 156 or Carol Cann, L.C.P.C., C.A.D.C. at 847-441-5600 ext. 134.

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.

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.

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.

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!*

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.



FALL FUNDRAISER HELPS JOSSELYN CLIENTS

The Josselyn Center's Fall fundraiser was held on December 3, 2004 and featured approximately 100 guests who enjoyed a glorious champagne reception with a silent auction, dinner and private showing of *Seagull* by Anton Chekhov. The event raised over \$17,000 on behalf of the Center. Thank you to all who attended, the volunteers and those who supported the event with raffle donations. A special thanks to the following

GOLD SPONSOR:

Household International (now called HSBC – North America)

SILVER SPONSORS:

Baxter International
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Shenfeld and Company
The Arnold and Bette Sobel
Family Foundation

ANGELS:

M. Gail Fitzpatrick
Bud and Aimee Minkin
Joe and Dottie Palombo
John and Kathy Piepgras
Gary and Lynn Quinn
Mike and Amy Sobel
Paul and Marty Stiffler



HSBC-North America
gold sponsored table

Below left:
Ruzicka and
Associates, Ltd. silver
sponsored table.

Below right:
Shenfeld and Company,
Ltd. silver sponsored
table



Par for the Course

On behalf of the Board of Directors and the Golf Committee, we want to share with you our plans for our Tenth Annual Golf outing, and to invite your thoughtful consideration of support for this event with your participation. This year's golf outing will be held on **Monday, June 20th, 2005** at the Pine Meadow Golf Club in Mundelein. It is a fun filled day of golf and camaraderie — a round of golf on one of the nation's premier public courses, followed by a barbecue dinner, featuring entertainment and a fabulous raffle. More importantly, it is a day set-aside by many to help support the mental health services and programs The Josselyn Center provides. For more information or to find out how you can participate, please contact Gary D. Smith at 847-441-5600, ext. 139.



The Barbara Rinella Fundraiser

As one participant said, "What a fun way to raise money for The Josselyn Center – listening to a Barbara Rinella presentation and eating – two of my favorite pastimes." On a chilly February evening 81 Lords and Ladies of the Court (generous supporters) and old and new friends of Josselyn gathered at the Winnetka Woman's Club for a scrumptious buffet dinner and Barbara Rinella's vivid dramatization of "The Serpent and the Moon". Thanks to their generosity, the Josselyn Center was able to raise over \$6,500 to continue providing critically needed access to mental health services for many who may not otherwise be able to afford them.

Angels Really Do Exist

Thanks to the generosity of an Angel Fund provided by the Kenilworth Union Church, The Josselyn Center was able to share the true spirit of the holiday season in December with fifteen of Josselyn's neediest families. The Angel Funds provided to these families allowed them to enjoy the holidays in ways that would not have been possible without the Angels of the Kenilworth Union Church. As one recipient wrote: "I didn't know that people would help a woman in my situation without getting something back...they make me feel safe." Proof that angels do exist!

New Trier Township Brings Holiday Cheer

New Trier Township continues to be a strong supporter of The Josselyn Center. Over the December holiday season, the generous residents of New Trier Township assisted fifteen families comprised of forty-two individuals by supplying them with Jewel-Osco gift certificates. Thank you New Trier Township for your loyal and long time support of The Josselyn Center and the clients we serve!

COMMUNITY FORUM

Please join us at The Josselyn Center on
Thursday, May 19th from 7:00 P.M. to 8:30 P.M.
for our quarterly Community Forum.

This forum will offer a free lecture by
Joyce Kocher, M.D. on

*"Black Box Warnings and the Use of Antidepressants in
the Treatment of Children and Adolescents"*.

Please contact June Aimen at 847-441-5600 ext. 142
if you can join us.



Calendar OF UPCOMING EVENTS

Anger Management Class

Contact: Larry Greenberg, L.C.S.W.
847-441-5600 ext. 141
Thurs. 6:00 – 7:00 P.M.

A psycho-educational group to help members develop cognitive behavioral skills for better management of anger.

Educational Support Group for Parents of Children and Adolescents with Bipolar Disorder

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

Thurs. 6:30 – 8:30 P.M., with new groups beginning in mid-April.
Dinner and child care provided
Held at the Youth Services of Glenview/
Northbrook in Glenview

Support Group for Adolescents with Bipolar and Mood Disorders

Contact: Ira Emkin, L.C.S.W.
847-441-5600, ext. 128
Wednesdays, from 4:00 to 5:00 P.M. at
The Josselyn Center

An open-ended group that gives adolescents an opportunity to share their experiences with Bipolar Disorder with their peers.

Women in Transition

Leader: Monica Robinson, L.S.W.
847-441-5600, ext. 131

Wednesdays, 10:00 - 11:30 A.M.
For women dealing with mid-life issues.

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

Young Adult Group

Leader: Jennifer Burba
Contact: June Aimen
847-441-5600, ext. 142

Tuesdays, 6:00-9:00 P.M.
Socialization and independent living skills group for young adults with developmental disabilities.

Visit us on the web -
www.youngadultprogram.org

Family Support Group

Leader: Carol Cann, L.C.P.C., C.A.D.C.
847-441-5600, ext. 134
Bi-weekly, Thursdays, 6:30 - 8 P.M.
For families with adult mentally ill family members.

The Men's Group

Leader: Larry Greenberg
847-441-5600, ext. 141
Thursdays, 3:00-4:00 P.M.
Socialization and living skills group for men.

MISA Group

Leaders: Carol Cann, L.C.P.C., C.A.D.C. and
Jillian Eichel, L.P.C.
For further information, please call Jillian at
847-441-5600, ext. 156
Mondays - 3:30 -5:00 P.M.
Thursdays - 10:00 - 11:30 A.M.. at
Turning Point - 8324 Skokie Blvd.,
Skokie.
A psycho-educational, therapeutic support group for individuals struggling with both emotional and substance abuse problems.

Relationship Group for Adults

Contact: Larry Greenberg, L.C.S.W.
847-441-5600 ext. 141 or
Jillian Eichel, L.P.C., 847-441-5600, ext. 156
Wednesdays from 4:00 to 5:00 P.M. at
The Josselyn Center
This group offers supportive counseling that addresses issues of developing and maintaining relationships.

Freedom from Smoking

Contact: Jillian Eichel L.P.C., group facilitator
847-441-5600, ext. 156
The Josselyn Center is offering The American Lung Association's (ALA) "Freedom from Smoking" clinic. The smoking cessation clinic is a 2 month weekly program focusing on behavior modification techniques for ending smoking. Groups starting on a regular basis, call Jillian Eichel for more details.

The Josselyn Center Community Forum

Contact: June Aimen, M.S.
847-441-5600 ext. 142
May 19th 2005 from 7:00 to 8:30 P.M.
You are invited to attend The Josselyn Center Community Forum for a discussion by Joyce Kocher, M.D. on "Black Box Warnings and the Use of Antidepressants in Children and Adolescents" to be held at The Josselyn Center on May 19th from 7:00 P.M. to 8:30 P.M. Please R.S.V.P.