

CATHOLIC CHARITIES

BLOOMINGTON

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CatholicCharitiesBtown.org



Summer 2008 Newsletter

School Counseling Program: Looking Back and Forging Ahead

Imagine being seven years old and walking into your classroom and being afraid that no one is going to play with you at recess. Put yourself in the shoes of a teenage girl who gets made fun of for the clothes she wears or the way she styles her hair. Think what it would be like to put a great deal of effort into your school work and still not get good grades.

All of us can remember feeling embarrassed, isolated, or discouraged at some point while in school, even if our school experiences were generally positive. This is where the emotional and social support of the school counselor is vitally important to the educational success of the child. By removing barriers to the child's learning environment through counseling interventions, the student can excel.

In order to best meet the emotional, social and educational needs of the students, a four-tiered approach to counseling services has been adopted. The first tier consists of psychoeducational classroom groups: various

grades are targeted in the schools for counselors to work with on an on-going basis. These groups meet either weekly or bi-weekly and focus on various social skills such as being a good friend, anger management, conflict resolutions, listening skills, and bullying. Through intensive work over the entire school year, the students are able to review what they've learned and build on it over time. Practical suggestions about how to use these skills in the "real world" are also discussed.

For those students who school staff or parents feel might benefit from more in-depth social skills instruction, small groups, which make up the second tier, are suggested. At St. Charles School, "lunch bunch" groups were conducted over the various age groups. This gave the counselors an opportunity to check-in with students and give feedback about different behaviors. Sharing, taking turns, listening to others, and being kind were main themes emphasized in these groups.

Tier three consists of students that received

individual interventions. This includes classroom observations, classroom management plans, and/or one-on-one weekly meetings. It is these students that receive the most individual attention. The focus of treatment for these students covered many different areas but is always aimed at removing any social or educational barriers that might be keeping them from succeeding in school. The fourth tier includes those cases that staff feels are more appropriate to be dealt with outside the school setting. These individuals would then be referred to our community office for individualized counseling.

There are various ways that the school program at Catholic Charities intervenes and assists students. While a child's school years can be fun and engaging, they can also be challenging and stressful. It is at these difficult times that having someone to talk to can be so important in making children feel secure and confident.



Mission Statement

Catholic Charities Bloomington is dedicated to the enhancement of the dignity and functioning for all persons in the community-at-large through education, social service delivery, and advocacy. We are especially committed to working within our communities to remove barriers that block the quality of life for the poor, the disabled, or for persons marginalized by our society in any way. We serve all residents of the counties of the Bloomington Deanery of the Archdiocese of Indianapolis: Brown, Lawrence, Morgan, Monroe, Orange and Owen Counties.





How You Can Help Your Child Succeed at School



Obviously, the role of the parent is important to the success of the child at school. Here are five things that you might want to keep in mind in order to make your child's time at school a positive experience:

1. Get to know your child's teachers: Don't wait for there to be a problem at school. Be proactive in introducing yourself to the teachers and other school staff members with whom your child has contact.
2. Talk to your child about school: Instead of asking your child, "what did you do today at school?" or, "how was school?" which are questions that might get you answers of "nothing" and "fine." Try asking them, "what was your favorite thing that happened at school today?" or, "what are you studying right now in science?" These kinds of questions are more likely to yield more information.
3. Help them with their homework: Check in with your child every so often to see if they need any help with their homework. It will be easier if you offer than if they have to ask you.
4. Get involved at your child's school: Whether it's chaperoning field trips or running the concessions at sporting events, do something to show your child that you support them and are interested in what they are doing at school.
5. Address school social or behavioral problems at home: If your child does not appear to be socially engaged at school, this may mean scheduling a play date with a classmate. If behavioral concerns are occurring, you may want to figure out how to mimic the scenario at home, such as having a young child ask if they can use the bathroom at home if they are failing to do so while at school.

Did you know that the school program at Catholic Charities Bloomington...?

- Serves three different counties (Monroe, Lawrence, and Jackson)
- Provides counseling support to four schools (St. Charles and Pinnacle in Bloomington, St. Vincent in Bedford, and St. Ambrose in Seymour)
- Reached more than 550 students through individual, small group, and classroom interventions during the 2007-08 school year
- Had staff members in the schools approximately 30 hours a week during the 2007-08 school year
- Has more than tripled the services offered in the last year and is going to expand even more next year



Partnership Profiles: On-site School Counseling, Serving the Child Better

Any time one is working with children, a partnership with others is essential. To provide the best care, the school, the family and, often, other social services agencies (e.g. Big Brothers Big Sisters, PALS, or The Boys and Girls Club) are involved. While contact with the teachers and other school staff is often a part of a child's treatment plan, this process is greatly facilitated when Catholic Charities counselors are on-site at the child's school. Being able to offer support to the child while at school and then work with the family at our agency makes treatment smoother and facilitates communi-

cation with the family, school, and therapist. Additionally, the relationship that we've forged with schools is beneficial because it allows schools that have not had or could not support full-time counseling positions to receive counseling assistance. Because schools can contract with us to provide the appropriate amount of counseling support based on their population needs and budgetary constraints, the program can be tailored to the specific school. This makes the on-site school counseling services offered by Catholic Charities a winning proposition for the students and their families and the school.



Message from the Agency Director

Think back to your school days. For some of us that was a very long time ago. For me it was in the 50s. You may remember a child that was often left alone at recess, was sometimes whispered about among the other children, whose clothes were different, who sometimes came to school looking unkempt and unwashed. In my class her name was Martha. We felt sorry for her, we wondered about her, but we weren't sure how to treat her.

Now I wonder what school was like for Martha. Did she graduate and get a good job or go to college? Did she have children, and how did they do in school? While I will never know about Martha, I do know now that the answers to those questions are very likely to be sad ones. The school I attended had many children who were from low-income, working-class families. I was one of those children. But Martha, I believe, was very poor. Did this affect her experience at school? Did it make a difference in her ability to learn and achieve? I know now that of course it did.

Our mission at Catholic Charities Bloom-



ington is to serve all children, regardless of their family's income level. It's why we have a sliding fee scale for our counseling services. It's why we want to be in the schools when we can, making our services more accessible. It's why we partner with other agencies that serve the poor, to reach as many children experiencing poverty as we can.

Poverty changes many things for a child. These factors can make a big difference in that child's achievement in school.

- High mobility affects education and achievement. Children living in poverty

may move from town to town as parents look for work or from one neighborhood to another when their family can't pay the rent and are evicted, resulting in frequent school changes, gaps in learning, and difficulty adjusting (often over and over) to a new set of peers and teachers.

- Children of poverty are often living in environments that are very stressful and emotionally-depriving. Parents may be working two or more jobs and rarely available to meet the child's needs for nurturance and stability. Motivation to learn may be low when the child sees no reason to believe they are valued and likely to succeed.

These and many other factors diminish the likelihood that children living in poverty are going to have a positive, productive school experience. For more information about the effects of poverty on learning visit www.teach-nology.com/tutorials/teaching/poverty.

2008 Summer Flood Relief Update: Volunteers and Donations Needed

Since the floodwaters hit much of Indiana in June 2008, Catholic Charities has been working to help folks restore their homes and lives. Our local agencies have been helping with case management, volunteer coordination and mental health services in Martinsville, Columbus and Terre Haute.

We know from experience with other floods and Hurricane Katrina the recovery process will take several years. Currently volunteers, both skilled and unskilled in construction are needed to help haul away debris, clean up and rebuild homes. If you are interested in volunteering, contact Jane Crady at jaccl@tds.net. Operating out of St. Martin of Tours in Martinsville, Jane is currently in need of tools and monetary donations. Visit CatholicCharitiesIndy.org for all the details.

Locally Catholic Charities Bloomington is offering counseling free-of-charge for anyone affected by these storms, made possible by a generous grant from a private family foundation.

Contact the office directly if you or anyone you know needs a compassionate ear to help work through the stress related to this devastating situation.



Agency Council Members

Marsha McCarty, Ph.D.,
Agency Director

Jim McGillivray,
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Shirley Boardman,
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Members

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Sister Joan Luerman, OSF

Wendy Perry

Maureen Gahan

Jennifer Kincaid

David Siler, Ex-officio
*Executive Director, Secretariat
for Catholic Charities and
Family Ministries*



Ten Percent of People Living in Poverty Turn to Catholic Charities

In 2006, one out of ten people living below the federal poverty line sought help at Catholic Charities agencies, according to a CCUSA report released in November 2007 on Capitol Hill. The report, *Poverty in America: Beyond the Numbers*, provides a state-by-state look at the types of services local Catholic Charities agencies provide to address the pervasive effects of poverty in this country. The report is based on the findings of Catholic Charities USA's 2006 Annual Member Survey.

Catholic Charities served nearly 8 million people in 2006, including 4.1 million people living below the poverty line. The report found that 52 percent of Catholic Charities clients in 2006 lived below the federal poverty line—up from 43 percent in 2002.

The survey of local agencies shows that more people are turning to Catholic Charities for food. Agencies saw a 12 percent increase in the need for food service programs in 2006. Between 2002 and 2006, the number of clients receiving food services—such as soup kitchens, food banks and food pantries, home delivered meals and congregate dining—increased by 2.7 million, or nearly 60 percent.

As the need for food assistance continues to rise, local agencies say they continue to struggle

to meet the needs of food service requests. In 2006, agencies responding to the survey said they were unable to serve nearly 1,800 clients requesting prepared food and nearly 91,000 clients requesting distributed food.

Other key findings of the 2006 survey include the following:

- More than 45 percent of Catholic Charities' clients were either under 18 or over 65.
- Services to build strong communities—such as education, social support, health-related services, and neighborhood activism, to name a few—reached 7 percent more people in 2006, for a total of more than 3.6 million.
- Nearly 1.1 million people received services that strengthen families, including counseling and mental health services and immigration services.
- Requests for temporary shelter increased 24 percent over the past five years. In 2006, Catholic Charities managed more than 176 temporary shelters (nearly 7,800 beds). Yet they were unable to serve more than 31,000 people because all available beds were full.

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Faith, Hope & Charity

SHINE! A Social Ministry Renewal: Spreading Hope In Neighborhoods Everywhere!

By: David J. Siler, executive director for the Secretariat for Catholic Charities

Beginning with a large, archdiocesan-wide event for pastoral leaders during the day on October 1, 2009 and for everyone during that same evening, the Secretariat for Catholic Charities and Family Ministries will lead a year-long effort to respond to Pope Benedict's invitation to bring about more love in our midst.

In the Pope's encyclical, *Deus Caritas Est*, he writes, "Love is the light—and in the end, the only light—that can always illuminate a world grown dark ... to experience love and in this way to cause the light of God to enter the world—this is the invitation I would like to extend with the present encyclical." This in turn

is the invitation that we extend to all of you.

We are challenged by our Holy Father to take a good long look at how we are living out our individual and collective baptismal call to bring light (hope) into the lives of others. The Pope tells us that the ministry of charity is as important to the Church as the preaching of the word and the celebration of the sacraments. We will invite our local church to ask

if we are giving due attention to the ministry of charity.

The Catholic liturgy itself beautifully contains the three essential elements of the Church: we gather to be fed by the word of God; we join together in the most Blessed Sacrament – the Eucharist; and we are sent forth to love and serve the Lord. The sending forth for service is where our faith becomes real, tangible and felt by those around us.



Holy Spirit at Geist, a parish in our neighboring diocese to the north concludes every Sunday liturgy with the congregation reciting together this phrase, "The mass never ends. It must be lived. So let us go forth to love and serve the Lord. Thanks be to God. Alleluia! Alleluia!" What might happen in our neighborhoods if this became the lived reality for all of us?

From October 1, 2009, through September 30, 2010, we will invite all of you to celebrate all that is done for those in need by our Catholic parishes, schools, agencies, hospitals and other social service institutions and we will in

turn challenge ourselves to ask, "Are we doing all that we could/should do to serve those in need around us?"

We will know that we have been successful if we can see that more people are engaged in the ministry of charity, if more individuals and families are being served and if our Church is more fully alive. We hope that this year-long intensive focus on the ministry of charity will live well beyond a year and that we will all be inspired to live the invitation of the Holy Father and Christ himself who calls us to be light.

To learn more about SHINE and how you and your parish can become involved, visit the Catholic Charities website.

www.CatholicCharitiesIndy.org

Secretariat Advisory Council and Staff

Each agency has an advisory council to help determine local priorities. In addition, the secretariat (department) has an advisory council to determine the priorities of Catholic Charities as-a-whole. Many of these members also serve on their local agency advisory councils.

David J. Siler, executive director for the Secretariat for Catholic Charities and Family Ministries

David J. Bethuram, associate executive director

Stefanie Anderson, communications and marketing coordinator

Bill Spangler, President of the Secretariat Advisory Council

Members

- | | |
|--------------------------|-------------------------------|
| Jake Asher | Peggy Magee |
| Bob Buckner | Jim McGillivray |
| Mary Ann Browning | Ron Mead |
| Mike East | Father Don Schmidlin |
| Pinkie Evans | Sister Marlene Shapley |
| Dave Grimes | John Thompson |
| Tom Hirschauer | Roberta Walton |
| Bill Jones | |

St. Elizabeth/Coleman and Catholic Charities Indianapolis Now Have One Agency Director

St. Elizabeth/Coleman Pregnancy and Adoption Services is now part of Catholic Charities Indianapolis, with David Bethuram serving as the agency director of this expanded agency. Serving together as sister agencies for nearly 90 years, we will now combine the strengths of each agency and our ministries, which will allow us to deliver innovative services to complete adoptions and provide professional support for women experiencing unplanned pregnancies in central Indiana. It also allows us to become better stewards of our resources, particularly in the areas of fundraising, accounting and administrative support.

- Catholic Charities Bloomington
- Catholic Charities Terre Haute
- Catholic Charities Indianapolis
- St. Elizabeth—Catholic Charities (New Albany)
- Catholic Charities Tell City

Volunteer and Donation Needs

Many of the programs provided by Catholic Charities Bloomington need volunteer support, which allows the agency staff to devote more time to providing professional counseling services. It is partly because of volunteer support that we have been able to expand the number of counseling hours provided to the community.

Our agency has recently expanded into a larger office area and will soon be offering more play therapy time with the children in our care. We are in need of more toys and donations for play therapy-specific toys that cost approximately \$400.

Some of our other current needs include:

Two laptop computers for use in our outreach programs: \$2,400

Testing materials for our psychological assessment services: \$1,500

Additional advisory council members and volunteers: Priceless!

To volunteer or make a donation,
contact Marsha McCarty at mmccarty@catholiccharitiesbtown.org.
Or donate online at CatholicCharitiesBtown.org.



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