



Dear friends,

As you may know, May was Mental Health Awareness month. This has been observed in the United States since the late 1940s to help raise awareness and educate the public about mental illnesses. The focus in recent years has been to remove the stigma that is associated with mental illness and seeking help. Yet, many still feel that seeking treatment for depression, anxiety, trauma and addiction is a sign of weakness or laziness.

At Catholic Charities, removing the stigma and helping those suffering from various mental illnesses is something that we do every day. We are a place of safety and hope for all ages-preschool children to great-grandparents. Our shelter staff provides support and encouragement. We connect residents with community supports that will last beyond their stay at Becky's Place. Our therapists use a variety of therapy techniques, including EMDR, Theraplay, Play Therapy and more, to find the one that is most beneficial to help our clients. Helping clients overcome the challenges of their addiction and mental illness has a positive impact on them and their families. Our interventions and support enable others to achieve goals that they never thought possible and improve relationships with friends and family that may have been strained for years.

Thank you to all of those that supported us this May. Your support is greatly appreciated and makes a difference for our staff and those we serve. We ask for your continued support throughout the year to provide help and hope for those struggling with mental illness and addiction in our communities.

Sincerely,

Connell M. Case

O'Connell Case
Clinical Director

Corrina Hayes

Corrina Hayes
Program Director

SAVE THE DATES

Becky's Place Annual Run For Hope And One-Mile Family Walk

Date: THANKSGIVING DAY, Thursday, November 28th
Time: 9:30am-12:00pm
Location: On the Square, J Street, Bedford
Details: www.beckysplacebedford.org

Becky's Place Annual Christmas Open House

Date: TBD
Time: 6:00p.m. – 8:00p.m.
Location: Becky's Place Shelter for Women and Children (1108 5th Street, Bedford)
Details: Shelter Tours with former residents, Silent Auction, Christmas Cookies, Holiday Decoration and more.

Becky's Place Annual Mardi Gras

Date: Saturday, March 7th
Time: 6:30pm
Location: Shamrock Center
Details: More information will be available as we get closer to the event. Dinner, Live Auction, and Music

Catholic Charities
803 N. Monroe St.
Bloomington, IN

Tuesdays
5:00 pm-6:00 pm

June 11th, 18th, 25th
July 2nd, 9th, 16th, 23rd, 30th

Parents/Guardians requested to attend first meeting

For more information, call 812-332-1262

Topics include: friendships, communication, managing stress and developing coping skills, understanding emotions, self-esteem, healthy relationships, and problem-solving.

United Way of Monroe County
Catholic Charities
Providing Help. Creating Hope. Serving All.
United Way of Monroe County
Lifting People. Improving Lives.

“Volunteers don’t necessarily have the time; they just have the heart!”
— Elizabeth Andrew

THANK YOU!

We are incredibly blessed to have two councils who are dedicated and highly motivated to do whatever they can to ensure Catholic Charities’ doors stay open. We would like to thank the following people for their support of Catholic Charities:

Catholic Charities Council Members:

- Robin Roy Gress, *President*
- Fr. John Meany
- David Gerchak
- Jenny Kincaid
- Josephine Kincaid
- Martina Barnas, *New Member*
- LeAnn Luce, *New Member*
- Debra Meyer, *New Member*

Becky’s Place Council Members:

- Melissa Rowe, *President*
- Shelley Kenworthy, *Vice President*
- Angie Cosner, *Secretary*
- Teresa Boshears, *Treasurer*
- Fr. Rick Eldred
- Pastor Jeff Hudelson
- Rev. Joan Smoke
- Karen Wade
- Amber Chastain
- Holly Davis
- Jenny Morgan
- Mayor Shawna Grigis
- Jeremy Mullis
- Bob Cline
- Cami Pritchett

For information on how you can volunteer, serve or give, contact Development Director, Cheri Bush at cbush@archindy.org.

Becky’s Place hosts a volunteer meeting on the third Monday of every month at 7 pm. Anyone interested in volunteering is welcome to come.

As Good As It Gets

Matt* is a 57-year-old male who came to Catholic Charities Bloomington for assistance with his panic attacks and struggles with family relationships and communication. Matt was on disability due to both mental and physical issues. He had been a master’s level nurse in Florida but after a bout with cancer, having steel rods placed in his back, diabetes and a diagnosis of Bipolar Disorder, he was feeling very discouraged about his life. He had gained over 100 pounds and did not want to leave the house alone. There was no other money coming in besides his disability check, and finances were very tight. He had been arguing with his family, and others around him. As he put it, he knew how everyone else should run their life, if they would only listen to him! He wondered if this was as good as it was going to get?

During treatment, Matt disclosed that he had been abused by many family members as a child and some of his behavior and emotions stemmed from this trauma. He learned to draw healthy boundaries and to let others work out their life. Tragically, a close family member died suddenly, which resulted in Matt experiencing grief. When Catholic Charities Bloomington staff started EMDR therapy, Matt participated in this intervention and began to make quick progress. By the end of his course of treatment, he had a part-time job using his nursing degrees, bought a house, got married and recently moved out of state to be closer to family.

**Change made to ensure privacy*

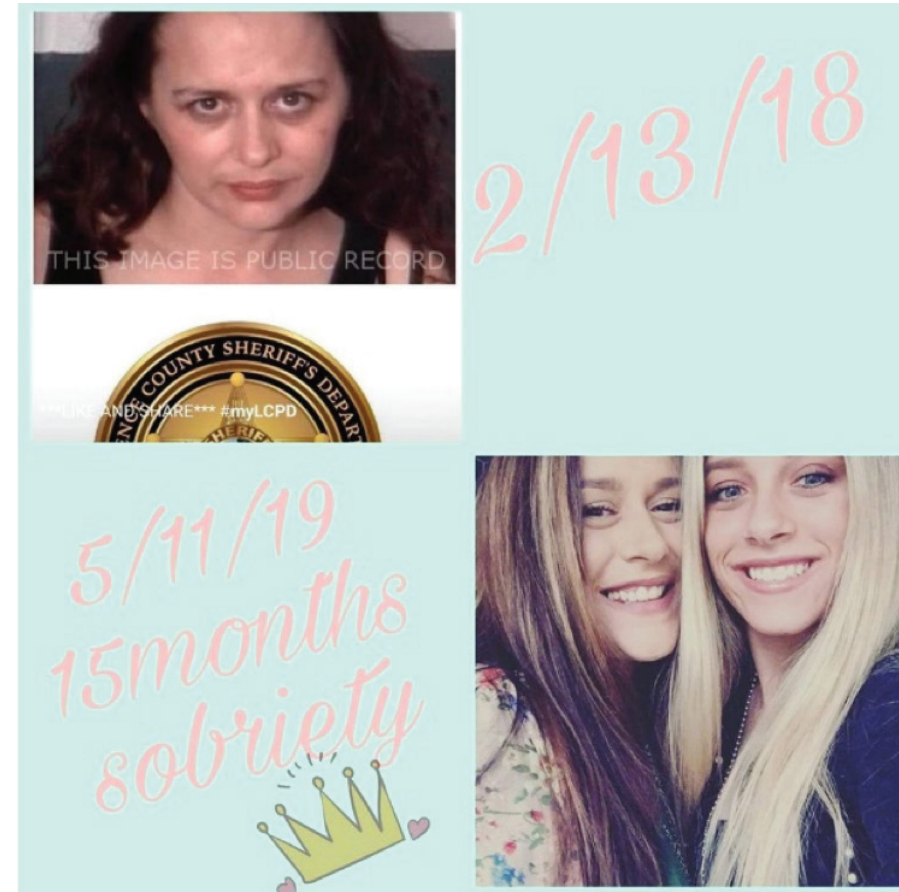


FOR ALL PARENTS AND CAREGIVERS!

POSITIVE PARENTING GROUP!

WEDNESDAYS FROM 5:30-7:00 PM
JUNE 26-JULY 31
CATHOLIC CHARITIES BLOOMINGTON
803 N MONROE ST

- Food and childcare provided during programming
- Insurances billed
- Contact Eszi for more information
(812) 332-1262 ext. 205



Third Time’s the Charm

BEFORE Becky’s Place...

Beth lived at Becky’s Place a total of 3 times, beginning in 2013 when she stayed for one week. Still struggling with addiction, she stayed for 2 additional weeks and then relapsed. A little over a year later, Beth was released from jail and was admitted into the Problem Solving Court program in Lawrence County. Also, her driving privileges were suspended and she was put on house arrest at Becky’s Place. Beth was broken. Fresh out of a horribly abusive relationship and deep into her addiction, relationships with her family were also strained. Beth struggled to immerse herself in sobriety and all that comes with it.

AFTER Becky’s Place...

Currently, Beth works as a Wellness Advocate at a nursing home. She has been sober for 15 months, has become an advocate for sobriety and a coach to others in the Problem Solving program. She attends events on behalf of Becky’s Place to tell her story and inspires other women towards sobriety and wellness. Beth has rebuilt relationships with her children and lives in a nice home in the country. She recently overcome one of the last remnants of her old life: her driving privileges have been reinstated.

HOPE FOR ALL...

Beth is a fighter and proves every day that no matter how old you are, where you came from, what you did or how bad things really get, anyone can turn their life around when given the opportunity. Congratulations, Beth!



Thank You for your Generosity

We are grateful to our donors who have signed up to give monthly to Becky’s Place or Catholic Charities. Your generosity will shelter the homeless, feed the hungry, clothe the poor and provide good counsel to those who are struggling with depression, anxiety, grief and trauma. Sustained, consistent giving allows us to plan for the year ahead.

But we continue to need your help. To become a monthly partner and provide sustaining help and hope for those in need, visit CCBIN.org or BeckysPlaceBedford.org. Your generosity truly makes all the difference!

Catholic Charities Giving Opportunities:

- Plain bandaids
- Playdoh
- Colored pencils
- Washable paints
- Construction paper

Becky’s Place Giving Opportunities:

- New, packaged socks and underwear (girls and boys, all sizes)
- Anti-bacterial cleaning wipes
- Paper towels
- Toiletries
- Cookies or other sweet treats for the holidays
- Volunteer: Answer the phone and general office needs, sort donations, help with errands and transporting residents