Innovative Therapeutic Approach Achieves Results

Travis*, an older man who came to Catholic Charities for counseling because of low self-esteem and depression. His long-term relationship ended 10 years ago, and he found himself feeling lonely and looking back on his life with regrets. He found it difficult to push himself to try new things and meet new people.

Travis learned the initial stages of EMDR (Eye Movement Desensitization Reprocessing) therapy by visualizing a calm place in his mind and using deep breathing and tapping to reinforce positive feelings. After a few weeks, he and his therapist moved into the final stage of EMDR therapy, which resulted in Travis reporting that he was now seeking out old friends, trying a new activity and not obsessing about sad feelings.

Catholic Charities is pleased to provide EMDR therapy, which allows participants to process through a past traumatic event in less time and more effectively than traditional therapies. Because participants tend to need fewer therapy sessions, therapists can work with more clients each year. More information on EMDR can be found by visiting www.ccbin.org and clicking on “What we do.”

*name changed to provide privacy
Collaborate effort renews Becky’s Place

We are so grateful to Smithville Charitable Foundation for providing us with $34,115 for many new upgrades to our shelter and rent assistance for 10 families who completed the program and transitioned into permanent housing.

- New fence is 25 feet longer and 3 feet wider than old fence.
- New ceiling, floor and paint.
- The Living Room Center donated dressers and nightstands.
- Koorsen Fire & Security installed a new fire panel, which controls the sprinkler system, fire alarms, emergency lighting and exit lights.
- Bedford Home Furnishings donated 12 new bedframes.
- Ivy Tech staff painted and donated curtains and curtain rods and did maintenance around the shelter.
- The United Way provided funds for a new vegetable garden.
- Dishmaster installed new security cameras and a new camera monitor.

Our therapists

Since April, we have hired three new therapists, one of whom is fluent in Spanish. We will have nine interns this year, from undergraduate to doctoral student.


Not Pictured: Mike Stribling.

For a complete listing of our staff and council, visit: www.ccbin.org and click on “Who we are.”

Grants awarded

Emergency Solutions Federal Grant (ESG) - $48,890 was awarded from HUD to our shelter program to prevent women and children from becoming homeless and to provide essential services to shelter residents.

Sophia Travis Community Grant - $1,300 to our counseling program for psychological testing expansion and screening supplies.

Our counseling program was awarded a $13,000 City of Bloomington Jack Hopkins Social Services Grant to provide more therapy consultations for EMDR and more play therapy consultation and training for trauma. Special thanks to the City of Bloomington for this prestigious award!

Is your church participating? No Room at the Inn is a local church campaign for Becky’s Place at Christmastime.

Fight homelessness and mental illness

1. Register your Kroger Plus Card at Kroger.com/communityrewards (if you do not have one, they are available at the Customer Service desk at any Kroger)
2. Click on ‘Sign In’ or ‘Create an Account’
3. Search for ‘Catholic Charities Bloomington’ or enter CL196
4. Click ‘enroll’.

Our Goal is to get 25 Churches to reach 25 Families to contribute $25.00 by December 25

For more information on how HUD provides help to the homeless, visit https://www.hudexchange.info/homelessness-assistance/

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Take a slice out of homelessness

The entire sale price of your $1.99 fruit pie goes to help homeless women and children at Becky’s Place.

What’s Your Slice?

Where: Pappas, 2615 Mitchell Road, Bedford, IN 47421 (NEW LOCATION)
What: The entire sale price of your $1.99 fruit pie goes to help the homeless
When: Every Thursday starting August 10