

# D&E COUNSELING CENTER

## WE KNOW KIDS!

### IT WORKS! TRAUMA TREATMENT

Carrie\* grew up in a home where her mother had difficulty engaging in daily activities due to a mental and physical disorder. The mother slept throughout the day and did not spend time with her daughter. Extended family became involved but they were not able to provide food and stable housing so, at eight years of age, Carrie went to live with her father in another city.

While living with her dad, Carrie was mistreated emotionally and physically, which eventually came to the attention of authorities. Shortly thereafter, Carrie experienced another loss - the untimely and tragic death of her mother. At 10 years of age she was placed into a safe environment and she was able to focus on recovering from her life experiences in therapy. Loss, abandonment, mental and physical illness and death plagued this child. By age 14, as a result of unresolved family issues, many new struggles surfaced. She began engaging in behavior that was self-injurious, including substance abuse and self-mutilation. She got involved with the juvenile justice system for running away, being truant from school and defying societal rules. At 16, Carrie was ordered into counseling to address her behavior. She often hated therapy as it "brought up" so many issues that she desperately tried to bury. She was non-progressive in her treatment until yet another loss was encountered - her best friend died from a medical condition. It was then that she decided she wanted a better life and the healing began.

Carrie was admitted to the D&E Center's Trauma Recovery Unit, a specialized treatment program focusing on dealing with underlying trauma as it contributes to the emotional and mental health problems of children and teens. She focused on her traumatic experiences, started understanding the connection between her thoughts, feelings and behaviors, processed how her experiences have affected her ability to engage in relationships with others and, eventually, learned how to stop the experiences from interfering with her life. Carrie is now an adult. She has completed a substance abuse program and is gainfully employed and seeking higher education. She has postponed marriage and parenthood until she reaches other goals that she has set for herself.

(\*not her real name)



*Meg Harris is supervisor of The Trauma Recovery Unit.*

### CAMP CHALLENGE PROGRAM

#### An Intensive Outpatient Program for D&E-served kids



*The Ropes Course teaches the kids how to work together and support each other.*

With assistance from the Mahoning County Mental Health Board, this year's summer Camp Challenge Program was expanded from its traditional six-week camp to two 5-week camps in order to allow the program to meet the needs of more kids. The first group served 45 kids and 50 kids attended the second group.

Services at Camp Challenge are designed to meet the needs of moderately to severely behaviorally disordered youth between the ages of 6 and 12 who are currently receiving D&E Center services. Parents decide on a goal for their child while at Camp and receive weekly, and sometimes daily, updates on how he/she is progressing towards that goal. Parents also attend a weekly session to review ways they can contribute to their child's progress.

At the end of the program, parents are asked to rate their child's progress. After the first five-week program, 97% of the parents responded that their child's behavior was "better" or "much better". According to one mother, "He is playing much better with other children and expressing himself in a much brighter way. He is showing more self-control."

The second group's outcomes are currently being collected and are expected to replicate the very positive results of the first session.



## Employee Spotlight – Jim Hyland, LPC-CR



After a year-long internship, Jim Hyland became a full-time counselor with D&E in August of this year. During his time at the Center Jim became a certified High Adventure Ropes Course facilitator, working with children attending Camp Challenge's summer and the after-school program. Jim is also part of the Center's Trauma Recovery Unit and he is assigned to provide counseling in one of the Youngstown City Schools during the school year. According to Jim, "I've had lots of opportunities for training – on the ropes course, in outpatient counseling and doing therapy groups. I do appreciate all the opportunities D&E has offered me." Jim's wife, Nicole, also works in community mental health as a counselor with adults.

## D&E welcomes new members of the Board of Trustees



*Pictured, left to right:*

**REV. KARL REIN**

Pastor of Redeemer Lutheran Church in Austintown

**CHARNITTA CARROLL BENSON**

Funeral Home Technician at James E. Washington Funeral Home

**JESSICA FOSTER**

Staff Accountant for Cohen & Company

## A NOTE FROM THE DIRECTOR



As stated in the 2014 Kids Count Survey compiled by the Annie E. Casey Foundation, "The well-being of our country's children is the most important indicator of our long-term economic and social future."

Contributing to that "well-being", in my opinion, is the "well being" of a child's mental health.

Many things can negatively influence the mental health well-being of our nation's children, such as the number of children in poverty, the number of single parent homes, the frequency of violence in the home and neighborhood, and constant changes in place of residency. The job of dealing with and counter-balancing these negative influences is a daunting one for providers of children's mental health services in the Mahoning Valley.

The D&E Counseling Center, through its 40 years of existence, has provided programs attempting to counter-balance and overcome these negative influences. The goal of these programs has been the mental health "well being" of the children served.

This past year we expanded that effort by initiating a specialized treatment unit called The Trauma Focused Cognitive Behavioral Treatment Unit. The unit currently has six therapists nationally certified in trauma treatment.

The "It Works" story on the cover page demonstrates the importance of recognizing the life-long negative effects of untreated trauma in the lives of children and the benefit of helping children through the process of overcoming those experiences.

The Center's Trauma Unit, and other programs of the Center, would not exist without the help of local private foundations and local public funders. I wish to recognize the help we have received from some of them since our last newsletter. This support includes grants from the Youngstown Foundation, the Centofanti Foundation, the Crandall Foundation, PNC Bank, the D&E Center's Circle of Friends Foundation, Ronald McDonald House Charities, the Swanston Foundation, United Way of Youngstown and Mahoning County and the Mahoning County Mental Health Board. With their support, combined with the dedication and skills of the Center's staff, D&E Counseling Center's work to improve the mental health "well being" of our area's children will continue.



# Children's Circle of Friends 29th Annual Sports Celebrity Golf Classic July 14, 2014 at The Lake Club

Sunday evening, July 13th, Ed Muransky and his son Eddie hosted a mixer for the golfers and celebrity athletes. It was an enjoyable evening with great food and drinks; afterwards, a putting contest was held on the practice green.



*Special thanks again this year to our major sponsors, John & Cathy Pelusi, and the companies, golfers, sponsors, celebrity guest athletes, and volunteers for participating in this year's event. This year we auctioned off some football memorabilia, thanks to Alex Zoldan, VP of Phantom Fireworks and John Greco of the Cleveland Browns.*



## Kids' Facts Matter

1. Post Traumatic Stress Disorder (PTSD) will develop in 39% of sexually abused children not referred for mental health treatment. (DeBellis, Spratt and Hooper. 2011) Only about one in 20 cases of sexual abuse is every reported to authorities. (Kellogg, 2005)
2. Once they are exposed to trauma, children are more likely than adults to experience PTSD. (Fletcher, 1996). The National Institute of Mental Health reports that 25% of teens have suffered significant anxiety at some time in their lives, 12.2% major depression.



# D&E Counseling Center

The D&E Counseling Center is a non-profit outpatient provider of behavioral health care for children, teens and their families. Services include counseling, community support, medication management, education, consultation and prevention services. Services are provided in Center facilities, in family homes and at various school and community sites.

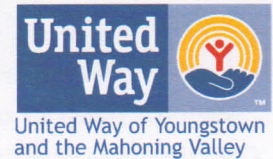
**THE FAMILY CLINIC** – General and intensive individual and/or group mental health services for children and their families. Includes the Child Trauma Treatment Unit.

**UPSTREAM** – Early child parent and caregiver education in the social and emotional growth and development of children up to eight years of age. Includes UPSTREAM Plus, an in-home cognitive/social/emotional and literacy school readiness program for preschoolers and kindergarten through second grade children.

**CLASSROOM CONNECTIONS** – School-based teacher consultation and student counseling. Includes Linkages, a school-based suicide prevention and mental health screening program.

**CAMP CHALLENGE** – Summer and after-school intensive outpatient counseling and therapeutic recreation services.

The center receives support from:



**[www.DandEcenter.com](http://www.DandEcenter.com)**

142 Javit Court, Austintown, OH 44515  
711 Belmont Avenue, Youngstown, OH 44502

*For more information or  
to make a referral call:*  
**330-793-2487**