 [Forward to a Friend](#)

May 2018

God Gives Second Chances



Amy* was referred to Becky's Place by the local Problem-Solving Court. She had several criminal charges pending and could enter their program, through the court system. Through Problem-Solving Court, Amy would be responsible for attending court weekly, have random home visits and be asked to submit to drug and alcohol testing frequently. Upon completion, many of Amy's charges would be dropped or considered lesser charges. Amy also had an open Department of Child Services (DCS) case as well. Her two

daughters were removed from her care and placed in her parents' care. Amy resided with her parents as well. Due to the DCS policy, Amy was told that she would need to leave her parents' home or her children would be placed in foster care, so Amy left the home and was considered homeless.

Amy arrived the first time at Becky's Place in October 2016. She started working the program immediately. Her focus was obtaining employment and working toward her goals with DCS so she could be reunited with her daughters. Amy followed Becky's Place program and was compliant with DCS guidelines. Because of this, she was able to find employment and attended work regularly. Becky's Place staff became an advocate for Amy with her DCS case and attended meetings with family and caseworkers. Amy continued to progress with her DCS case and was permitted to move back home with her parents and daughters. After her stay at Becky's Place, Amy informed staff that her DCS case was closed successfully and thanked everyone for their help.

Amy continued on the right path for a while and was doing well for herself. However, when she ran into a friend from the past, she found herself in a tough situation. She relapsed a few months after leaving Becky's Place and because Amy was still involved in the court system, she was taken to jail. Following jail, she was offered a chance to complete an inpatient rehabilitation program and continue with Problem-Solving Court. This time, Amy's parents did not allow her to return to their home, finding herself homeless and without her daughters once again.

Becky's Place did not give up on Amy; she was given a second chance. In November 2017, she returned, pregnant with her third child. In December, Amy had a baby girl. Staff and residents supported Amy in caring for her baby. She did an amazing job and was a role model for the other mothers. Amy returned to work as soon as possible and started saving money. Her older daughters remained with her parents while Amy worked to find housing that she and all of her daughters could share.

Currently, Amy has custody of all three of her daughters and is proving to be a very good mother. She rents a nice home and plans to save money to buy a home of her own. She completed the Becky's Place program and is compliant with Problem-Solving Court. Amy stays involved in local self-help meetings and drops by Becky's Place occasionally to chat with staff and let everyone visit the girls.

Please keep Amy and her daughters in your prayers. Thank you!

**Name changed for privacy*

Innovative Help for the Traumatized

Written by: Robin Roy Gress
President, Catholic Charities in Bloomington Advisory Council



When you hear the words trauma or Post-Traumatic Stress Disorder (PTSD), what are the first things that come to mind? Combat? Mass shootings? Violent assault?

Such happenings are certainly traumatic, but the truth is, trauma can also happen far from the battlefield. You are just as apt to encounter trauma-inducing incidents on a schoolyard, in your neighborhood and even in your home. What people may not recognize is that trauma doesn't always involve bloodshed. It can also stem from circumstances such as poverty, divorce, drug abuse, job loss or household stress.

May is Mental Health Month, and there's no better time to talk about the impact of mind-searing stress that can lead to PTSD, which is often characterized by flashbacks and nightmares, intense anxiety and a feeling of hopelessness. For years, the disorder has been treated with traditional psychotherapy, also called counseling or talk therapy. But, there is an innovative approach, which Kara Baertsch of Catholic Charities in Bloomington, a mental health agency, calls "possibly the most effective treatment out there."

It's called **EMDR or Eye Movement Desensitization and Reprocessing**. The name may give you pause, but Baertsch, who is certified to provide treatment by the EMDR International Association, calls it a game changer. "When a memory is formed during a traumatic event, it becomes 'stuck' or 'frozen in time,' so that every time that memory is triggered, it feels as if the original event is happening again, with all of its attendant horrors and pain."

Thus, a child who witnessed bitter or violent fights between divorcing parents may relive those arguments every time she hears adults disagree. A man who lost his job and remains unemployed may be unable to shake his feelings of inadequacy, despondency and fear of the future. A family that is torn apart when one of its own succumbs to opioids may splinter and be unable to come together. And there's no forgetting the military veterans who suffer lasting wounds that aren't immediately obvious. In all cases, the impact of remembering is immediate and jarring for them. Fortunately, EMDR can help.

"EMDR directly affects how the brain processes information and helps an individual interrupt the vicious cycle of reliving a bad experience," Baertsch says. "I have never had a client who did not experience some kind of improvement with it and I can't imagine practicing without it. One of its principal benefits is how quickly an individual can get relief." (EMDR training will be offered in Bloomington in June and July. Interested mental health professionals may visit EMDR Consulting at <https://www.emdrconsulting.com/> and click on the Training Calendar.)

The chance to shine a spotlight on mental health treatments such as EMDR is one of the most rewarding aspects of Mental Health Month. One in five Americans is affected by mental health problems. One in five. That means there's a good chance you either live or work with someone who's suffering. It may be you. And here's a sobering thought: Millions of people

who might benefit from treatment won't ever get it simply because they don't dare walk through the door of agencies like Catholic Charities in Bloomington because the stigma associated with mental health care traps them in fear, shame and silence.

It doesn't have to be this way. Help is at hand. Please join Catholic Charities in Bloomington in observing Mental Health Month. Open a door for someone who needs a helping hand.

*article originally published in the Bloomington Herald-Times on Monday, May 7, 2018

We Have Much to be Thankful for in Bloomington

Therapy Room



We are so grateful to Tracy Brown and her son, Mason for brightening up one of our therapy rooms with a fresh coat of paint. Let us know if you have some handy skills. We may have a project for you, too!

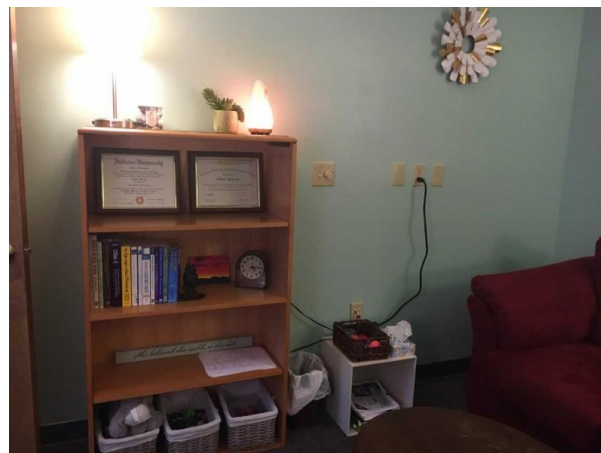
Thank you also to Azra Ceylon for the donation of a table and couch to one of the therapy rooms!



BEFORE



AFTER



Annual Breakfast

A special thank you to all of our supporters: we could not provide help, hope and healing without you! Our annual breakfast at St. Paul's raised \$895 to help pay for groups, therapy, assessments and counseling for those suffering from trauma, abuse, anxiety and depression who may not otherwise experience healing.

Did You Know?

77% of those served in Bloomington are children between the ages of 3 and 18?

Here are a few things we could use for play therapy:

- Egg cartons-both Styrofoam and cardboard
- Bubble wrap
- Newspaper
- Packaging/shipping materials

Destruction is a great way to release tension, stress and anger.

Hot Off The Press

Our 2016-2017 Annual Report is coming to your mailbox! If you don't receive a copy by Father's Day, please call Cheri Bush at 317-236-1411.

We Have Much to be Thankful for in Bedford

New Billboard on Mitchell Road



Special thanks to Johnny's Signs for our new billboard on Mitchell Road!

Mardi Gras

Our Mardi Gras was held on March 3rd at the Shamrock Center in Bedford. The night featured a live auction, New Orleans cuisine and a live performance by the Semple Band. We raised over \$32,000 in support of homeless women and children. *Thanks for your support!*



Mother's Day Matching Campaign

Our efforts to raise \$100,000 for Becky's Place with our Mother's Day matching campaign are going well. To date, we have raised **\$52,838.97!**

Thank you for your support!

Dorm Room

We are grateful for the grant from the Smithville Charitable Foundation, which paid for AMF Contracting, Inc. to install a new floor and ceiling in the Becky's Place dorm room! Thank you also to the Ivy Tech volunteers who painted the dorm room!



BEFORE



AFTER

Want to help?

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



Help Catholic Charities by shopping for groceries at no extra cost to you!

1. Register your Kroger Plus Card at [Kroger.com/communityrewards](https://www.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 '15757'
4. Click 'enroll'.
5. Help Catholic Charities every time you shop!



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