

**Catholic Charities**  
Providing Help. Creating Hope. Serving All.

Catholic Charities  
803 N. Monroe Street • Bloomington, IN 47404

**BECKY'S PLACE**  
Providing Shelter, Creating Hope

Becky's Place  
1108 5th Street • Bedford, IN 47421

Non Profit Org.  
U.S. Postage  
**PAID**  
Indianapolis, IN  
Permit # 3096



Community Partner



Working to Reduce Poverty in America.



ARCHDIOCESE OF INDIANAPOLIS  
The Church in Central and Southern Indiana

## Community Give Backs

Every Thursday, Pappa's Bar & Grill donates the entire cost of a slice of pie to Becky's Place. That's \$1.99 per piece of pie!

On Monday, March 5, 2018 and Monday, May 7, 2018, Wings and Rings will donate 5% of your total receipt (before tax and tip) to Becky's Place. They open at 11am and close at 11pm.

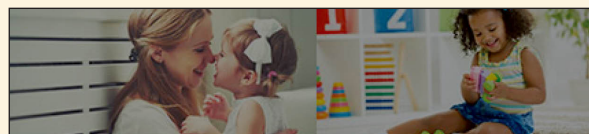
Visit Buffalo Wings & Rings on 3/5 from 11am-11pm  
and 5% of your bill will be donated to Becky's Place



## Upcoming Events



Purchase tickets online at [BeckysPlaceBedford.org](http://BeckysPlaceBedford.org)



Please join us for the  
**6th Annual Catholic Charities Breakfast**  
Wednesday, April 11, 2018 | 7:30 am – 9:30 am  
St. Paul Catholic Center

Event is Free, but donations are encouraged  
Please RSVP by April 2, 2018 at [CCBIN.org](http://CCBIN.org).

# Catholic Charities

Spring Newsletter 2018



*Dear*

Never has there been a time when accessible mental health care is more desperately needed.

According to Mental Health America (MHA), the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness, one in five Americans has a mental health condition. That's more than 40 million Americans. Mental health conditions don't just impact adults, rates of youth depression rose from 8.5% to more than 11%, but 80% have no, or insufficient, treatment. Out of American adults with mental illness, 56% do not receive treatment.

In Indiana, we have particular cause to be alarmed. A recent study showed that 71,000 Indiana children are living with serious mental health issues. Additionally, MHA ranked all 50 states for the incidence of mental illness and rates of access to care. Using the most recent figures, MHA reported that the Hoosier state plunged from 19th place to 45th, indicating that access to care has dropped dramatically.

These are appalling statistics. As I learned from my own family, mental illness exacts a lasting toll and no one should be deprived of care, regardless of where they live, what they do or how much money they have. Just as important, no one should suffer from the stigma that arises from fear and ignorance about mental illness.

As I look at a world being torn apart by war, illness, poverty, starvation and hatred, I find myself overwhelmed by the sheer scope of the problems. Amidst all of this, it is very difficult to see a place where I might make a difference. But in my own community, there is something I can do. By serving on the Catholic Charities Advisory Council, I am supporting the therapists who help children, adults and families heal. I believe that in doing so, I am living out the words of Pope Francis, who said, "We Christians are called to confront the poverty of our brothers and sisters, to touch it, to make it our own and to take practical steps to alleviate it."

I serve on the Advisory Council for Catholic Charities in Bloomington because if I can help even one person find relief from the pain of mental illness, I might rest content. Catholic Charities is rooted in faith and is committed to providing help, creating hope and serving all and I feel blessed to be a part of that mission.



In peace,

*Robin R. Gress*

**Robin Roy Gress**  
President

Catholic Charities in Bloomington Agency Council



**“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*
- Trish Hausmann, *Vice President*
- Deb Getz, *Secretary*
- Fr. John Meany
- Susan Armeny
- Melanie Cullather-Castillo
- David Gerchak
- Jenny Kincaid
- Josephine Kincaid
- Jennifer and Michael Faris, *New Members*
- Martina Barnas, *New Member*

### Becky’s Place Council Members:

- Fr. Rick Eldred, *Chairman*
- Shelley Kenworthy, *Vice Chairman*
- Angie Cosner, *Secretary*
- Teresa Boshears, *Treasurer*
- Melissa Rowe, *Becky’s Place Volunteer Coordinator*
- Pastor Jeff Hudelson
- Associate Pastor Katie Sawade Hall
- Rev. Joan Karen Wade
- Amber Chastain
- Holly Davis
- Jenny Morgan
- Gary Sanders
- Mayor Shawna Teresa

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



## Catholic Charities treats the whole family

Lynn\* was seven years old when her parents brought her to IU Riley Physicians for a pediatric assessment with Catholic Charities.

Lynn’s mother worked, so each day before school, she had to drop Lynn off at her grandmother’s house. Lynn would scream and cry, begging her mother not to leave her. Her grandmother had reported how difficult it was to get Lynn to school. She didn’t want to go and threw more tantrums while there. Lynn hid in the corner of her first grade classroom, refusing to take her seat. Even if the teacher was successful in coaxing her to sit at her desk, Lynn refused to do her work. This made it extremely difficult for Lynn to make friends. After school, Lynn preferred to stay inside unless an adult came outside with her. In fact, she wanted to be in the same room with others at all times and appeared to be afraid to be alone. Most nights, Lynn ended up sleeping in her parents’ bed. Her parents, grandmother and teacher were exhausted.

Our clinician assessed that Lynn was suffering from separation anxiety. Lynn admitted that she began worrying about school the night before. Our clinician explained that Lynn’s anxiety kept her from sleeping well and continued to build in the morning as her family prepared to take her to school. Involving Lynn and her parents in the treatment plan, the clinician helped them identify the triggers to Lynn’s anxiety: school, being alone and being outside. The plan was to expose Lynn to her triggers for very short periods of time to build her comfort level at a pace she could manage. Her initial goal was to be comfortable with her mother opening the outside door. The next step was to stand on the porch and count to 20 with mom nearby. By their next therapy session, Lynn had exceeded the goal of counting to 20 – she was able to count to 50! Lynn’s mother explained Lynn’s diagnosis and treatment plan with her teacher as well. Over the course of seven months, Lynn learned to face her fears. She can now play outside independently and has made friends at school.

*\*Name changed for privacy*



## Becky’s Place offers a safe place to land

When Sarah\* was released from an addictions treatment program, she had no place to call home. She was first dropped off at a facility where she was promised transitional housing. However, after an interview process, she was told that not only was she ineligible for the program, she still had no place to live. It was then that Sarah called Becky’s Place and joined our family a few hours later. Understandably, Sarah was somewhat skeptical and guarded at first. She said she couldn’t believe how she was “thrown around from facility to facility” during a very fragile time in her life. She felt like she was treated “less than human.”

**Becky’s Place staff delivers compassionate care.** They gave Sarah resources and helped her set goals. Sarah began attending self-help meetings and counseling sessions. She was referred to agencies that assist homeless veterans and was able to receive an honorable discharge from the National Guard. Among the other residents, Sarah found a network of positive friends. She opened up about her traumatic past. Sarah admitted that she came from a “home of drug abuse” and had fallen into the same pattern. Sarah was finding that trusting others and having a support system could help her deal with her past and help her with what came next.

Sarah made a promise to herself to never fall back into the lifestyle she was living. With hard work and dedication, she found employment and started to become stable for the first time in her life. At the successful completion of the Becky’s Place program, Sarah found a beautiful apartment that she is happy to call home.

*\*Name changed for privacy*

THANK  
YOU



## 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](http://CCBIN.org) or [BeckysPlaceBedford.org](http://BeckysPlaceBedford.org). Your generosity truly makes all the difference!

### Catholic Charities Giving Opportunities:

- Plastic (realistic looking) baby dolls
- Coloring books, crayons, colored pencils, paper
- Band-Aids (plain-with nothing on them)
- Play Doh
- Puzzles
- Children’s books
- Volunteer: Evening receptionist needed from 5pm – 7pm to answer the phone and greet clients

### 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