

CATHOLIC CHARITIES

BLOOMINGTON

631 N. College Ave. • Bloomington, IN 47404 • Phone 812-332-1262
CatholicCharitiesBtown.org



March 2009 Newsletter

Managing a Network of Services Just for Annalee

Annalee began receiving mental health services when she was in the sixth grade. At that young age she was beginning to be burdened by a deepening depression that has followed her throughout life and into high school.

Annalee is one of many children in Indiana who receive their medical and mental health coverage under a Medicaid program called Hoosier Healthwise. The state-administered program covers children whose parents cannot afford private insurance.

She and her single mom Pam were both burdened by mood disorders, which sometimes made family life very difficult. Because Pam understood from a personal perspective how clinical depression can permeate a person's emotions and behavior, she was eager to find help for Annalee. She had been a delightful and well-adjusted little girl until the family temporarily relocated to a large city to be near family.

Annalee never felt safe in the larger city and had a difficult time dealing with the stress of

moving. Even though they were able to move back to Bloomington, Annalee was unable to adjust successfully, socially or academically, back into the school she had attended before moving.

The school referred her to counseling and Annalee began an arduous journey to Catholic Charities for counseling services. This journey included several hospitalizations, trying different counselors, and building a web of services to support her and her family.

Because Annalee needed more than once-a-week counseling, she began to see a second therapist at Catholic Charities. Both counselors worked together to implement a treatment plan that fit Annalee's needs. In addition a doctoral-level intern coordinated services with her school. Catholic Charities staff also coordinated treatment with a child and adolescent psychiatrist to make sure Annalee had effective medication.

Annalee and her family needed intensive treatment that included many hours of service and consultation that was not reimbursed by in-

surance. Without the involvement of Catholic Charities the services Annalee needed would not have been available.

Both public funding and insurance coverage for mental health treatment have declined steadily for the last several years. More and more often it is difficult or impossible to find the services that are needed to help young people like Annalee not only function, but to really move as close to their full potential as possible. At Catholic Charities, these services are only available with the support of contributions from you, the Archdiocese of Indianapolis and United Way.

Recently a play Annalee wrote was performed at a community theater. And soon she will graduate from high school. The community is richer because of this one young woman's ability to continue to function, even thrive and contribute, in spite of the burden of serious depression. Catholic Charities is dedicated to making sure children like Annalee receive the help they need. And we hope you are too.



Mission Statement

Catholic Charities Bloomington is dedicated to the enhancement of the dignity and functioning for all persons in the community-at-large through education, social service delivery, and advocacy. We are especially committed to working within our communities to remove barriers that block the quality of life for the poor, the disabled, or for persons marginalized by our society in any way.



Help for All Ages

When we tell someone that the age range of clients seen at Catholic Charities Bloomington starts at around age two, they often express amazement that we would be seeing children that young. Of course when we do see very young clients we are working with their parents or other primary caregivers as well.

The children may be showing early signs of emotional stress, slowed development, maladaptive behaviors, poor social skills, or other problems. We are excited to have the chance to work with these young clients knowing that a child’s successful early development is crucial to life-long wellbeing.

Eighty-five percent of brain development happens before age five. This period of rapid brain development provides great opportunity for positive intervention. Helping parents understand the young child’s social and emotional needs during this period of crucial development can have a life-long impact. Social and emotional skills dramatically influence academic achievement later in life – more so than cognitive ability. Without support during early years, studies show that a child is more likely to drop out of school, live in poverty, or commit crime.

Fortunately many specific tools are available to help mental health professionals work with young children and their caregivers to assess early signs of problems in development and intervene in ways that will help children grow to their full capacity. The professional mental health staff at Catholic Charities Bloomington stay abreast of therapeutic techniques useful with the very young.

We also stay connected with other services that are available in our community for young children and their families. Often helping families find the other appropriate services is a big part of how we help. The assessment and therapeutic services that we do provide are always available on a sliding-fee scale, based on household income, to eliminate economic barriers to children and families needing help.

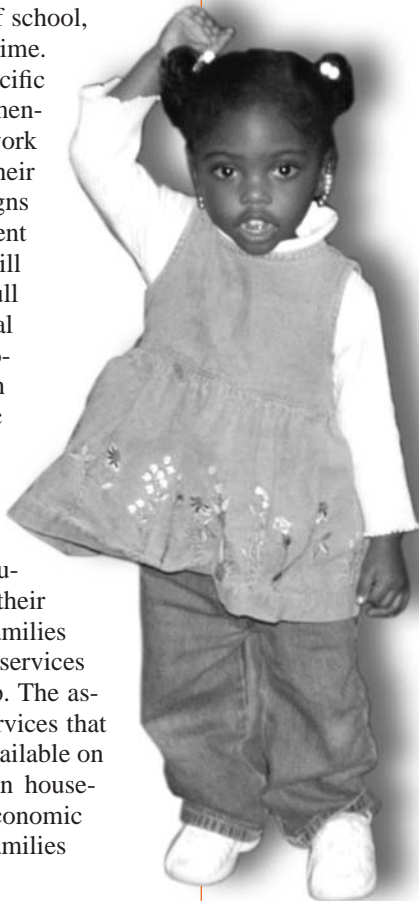


Portrait of an Intern: Rose Jackson

“I currently work at Catholic Charities Bloomington and, besides my work here, I am a doctoral student at I.U. pursuing a degree in school psychology. Before attending graduate school I was a special education teacher in Indianapolis.

“Working at Catholic Charities has been one of my greatest experiences since moving to Bloomington. The agency is committed to providing mental health services to those in the community who do not always have equal access to quality care. This commitment has provided ample opportunities to work with multiple populations diversified by race, culture, language, ability, age, gender, and socio-economic status.

“During these different service opportunities I have learned many valuable lessons which have evolved my thinking and approach to serving children and families of all backgrounds. My experiences have allowed me to critically analyze an individual’s unique situation within a complex system of privilege and oppression. Additionally, I have been able to build alliances with colleagues and community members while collaborating with outside agencies through Catholic Charities. The ample opportunities for learning and relationship-building provided by Catholic Charities will continue to be beneficial in my work as a practitioner and as a citizen of the community.”





Catholic Charities joins with other community agencies to reduce poverty in Bloomington



Tracy (front row, second from the left) with her Getting Ahead graduating class in January.

When Catholic Charities USA announced its goal of reducing poverty by 50 percent by the year 2020, it was not clear how Catholic Charities Bloomington would address that goal beyond the mental health counseling we do at our agency and in several schools. While we certainly realize the importance providing mental health treatment in addressing poverty, we wanted to be involved in a broader way with poverty issues in our community.

Last year Agency Director Marsha McCarty attended training for the Monroe County Circles™ Initiative, funded by the South Central Community Action Program, and designed to help people lift themselves out of poverty. Circles™ is an intentional way for people to build relationships across class-based and racial lines to end poverty in their communities. Circles™ high impact strategy:

- Changes the mind-set of the community so it wants to end poverty;
- Changes goals, policies, and approaches to end poverty; and
- Empowers people in poverty to help solve community problems while transitioning out of poverty themselves.

This initiative seemed to be the perfect chance to partner with other agencies, and Marsha volunteered to be part of the Guiding Coalition and is now co-chair of that team. Tracy, another member of the coalition is a Circles™ participant and recently graduated from the *Getting Ahead* training that prepares participants to start working with their Team of Allies. Circles™ Allies are community members who want to be in a supportive, intentional, befriending relationship with an individual or family working to get out of poverty.

Tracy says of this beginning training experience, “We came together back in August as a group of strangers and have grown into a family. This initiative has required a lot of self-examination which has helped us to realize just how we got here [in poverty] and what we can do to move ahead, because we all came to this point by different means.”

A new group will soon start their *Getting Ahead* training. For information about applying to the Monroe County Circles™ Initiative or volunteering as an ally, contact Bonnie Vesely at 339-3447, extension 218, or bonnie@sccap.monroe.in.us.



IU School of Education Counseling Interns (left to right) Yen-Pei Huang, Wei-Ting Lu, and Yun-Chu Chen discuss their current cases

Did you know?

- Counselors provided 2,314 hours of community-based counseling in 2008; this is in comparison to 769 hours in 2007.
- Four staff, with the aid of five graduate-level counseling students, are providing services to three parish schools and one private school for children with learning disabilities.
- Expanded its outreach to include stress management for those living in Martha House’s transitional housing.
- Is expanding its group counseling to offer services for:
 - *Parents*
 - *Elementary school children*
 - *Teenage girls*
 - *High school guys needing help with their social skills*
 - *Immigrant youth*

If you’d like to participate in one of these group sessions, contact the agency directly.



Recognizing Our Strengths to be Stable During Difficult Times

From Agency Director Marsha McCarty

The economic crisis in our country seems to be in the forefront of most of our thoughts. We worry about our future and the futures that face the youngest in our families. For some of us, these worries are about what is happening to our retirement plans and resources; for some it is about the stability of our jobs; and others worry that they will lose their homes. As we face these difficult and stressful circumstances and go about our daily lives, how much thought do we give to those in our community who are facing immediate crises? All across south central Indiana many of our neighbors are waking up each morning with questions like these:



- *Are we going to be able meet our health insurance deductible and get our child's medication?*
- *Can I get to the food pantry and get some groceries for dinner?*
- *Will there be room at a community shelter so I can get in out of the cold tonight?*
- *I can't afford to fix my car. How will I get to work today?*

Because I have been blessed with parents who have lived amazingly long and productive lives, I still have people in my life who have lived through the Great Depression. They can talk about how they survived that dark time in our country's history.

When my maternal grandfather could not find work as a carpenter, he took the family to live with an uncle in Colorado and treated it as a great adventure. My father, then a teenager, went to work on a dairy farm to help his family but still managed to graduate from high school. The stories they tell often involve how adversity challenged them and others to become resourceful and to reach out to others who were experiencing the worst circumstances.

As the present economic recession/depression presses down on our lives, how are we responding? Do we remember our most vulnerable brothers and sisters? Are we keeping hope alive in our own lives and the lives of our children? Can we see this as a time to enjoy simpler pleasures, spend more time in conversation with family and friends, and grow in our spiritual lives? Do we recognize the possibility that living more simply makes us better stewards of the resources on the beautiful planet Earth?

For us at Catholic Charities Bloomington, hope may be a little easier to see. Daily in the places we serve, our offices, schools, Bloomington homeless shelter, and parish outreach offices, we hear the amazing stories of hope. People demonstrate determination and courage as they face numerous challenges in their personal lives, in their families, and at their places of work. Over and over we are blessed to observe the beauty of God's grace and the resiliency of the human spirit.



Rosanne Chien, on the left, and Jacki Jordan are planning the parenting group session. Rosanne is a doctoral student from IU's School of Psychology and Jacki is working on her Masters of Social Work at IUPUI.

Agency Council Members

Marsha McCarty, Ph.D.,
Agency Director

Jim McGillivray,
President
Shirley Boardman,
Secretary

Members

Rev. John Hall, St. Martin's Parish
Sister Joan Luerman, OSF
Wendy Perry
Maureen Gahan
Jennifer Kincaid

David Siler, Ex-officio
Executive Director, Secretariat for Catholic Charities and Family Ministries

We serve all residents of the counties of the Bloomington Deanery of the Archdiocese of Indianapolis: Brown, Lawrence, Morgan, Monroe, Orange and Owen Counties.



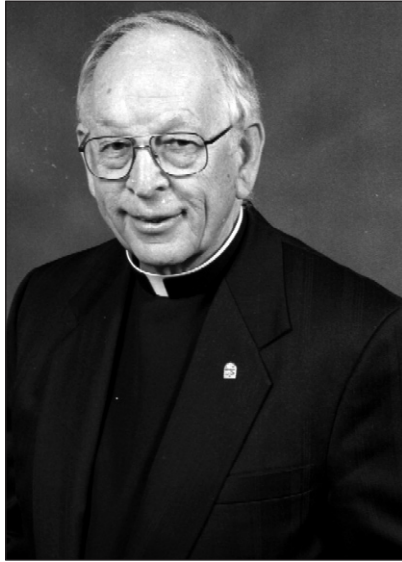
Creating a Hopeful Legacy: Father Donald L. Schmidlin, 1930-2008

David Siler reflects on a life lived in service.

The Catholic Charities family lost one of its most committed members on Feb. 5, 2009. Rev. Donald L. Schmidlin served as the director of Catholic Charities for the Archdiocese of Indianapolis from 1962 – 1976, while also faithfully serving a number of Indianapolis parishes.

Father Don was very healthy at the age of 78, when just a few weeks prior to his death he became severely fatigued. Within a few days of running tests, he was diagnosed with lung cancer that had already metastasized to his liver. By the time the cancer was discovered his liver was beginning to shut down. He died just two weeks later.

I had the privilege of counting Father Don among my dearest of friends after we became acquainted when he was assigned the pastor of



my parish, St. Matthew in 1993. Since he held my job for more than 47 years, he became a great mentor to me during my time with Catholic Charities. Shortly after being appointed as the director, I asked Father Don to serve on my advisory council. As always, he served faithfully in that capacity for five years – always challenging us to do more to serve the poor and vulnerable.

Father Don’s life was an example to me and hundreds of others of a true life of service. He had a deep love and compassion for those on the margins of society. He often shared with others his own battle and victory over alcoholism as a way to demonstrate that he understood the struggles of life and that God’s grace

is available to us all – no matter the circumstances.

Catholic Charities was a very small ministry when Father Don took over in 1962; and 47 years later we have grown several times its original size due to his vision and commitment. He had a wonderful knack for getting others involved, helping them to see their responsibility of meeting the needs of the poor.

Just as in his life, he taught us all a great deal in his dying. While visiting Father Don in the hospital I witnessed him working hard to learn the names of his caregivers and showing them compassion and care and making sure that they knew that he was praying for their needs. He was a tremendous example of putting the needs of others first.

Father Don Schmidlin left us all a wonderful legacy. He lives on in all of you who continue to support the mission of Catholic Charities. May he rest in peace.

Celebrating Anniversaries in 2009

- 175th Anniversary of the Archdiocese of Indianapolis: Celebrate Mass and Confirmation on Sunday, May 3 at 3 p.m., Lucas Oil Stadium, Indianapolis
- Catholic Charities Indianapolis’ 90th Anniversary
- St. Elizabeth’s 20th year of pregnancy and adoption services in New Albany
- Catholic Charities USA’s Centennial Anniversary

Catholic Charities in the Archdiocese of Indianapolis: Serving more than 100,000 people last year

CatholicCharitiesIndy.org

- Catholic Charities Bloomington
- Catholic Charities Terre Haute
- Catholic Charities Indianapolis
- St. Elizabeth—Catholic Charities (New Albany)
- Catholic Charities Tell City

Secretariat Advisory Council and Staff

Each agency has an advisory council to help determine local priorities. In addition, the secretariat (department) has an advisory council to determine the priorities of Catholic Charities a-whole. Many of these members also serve on their local agency advisory councils.

David J. Siler, Executive director for the Secretariat for Catholic Charities and Family Ministries

David J. Bethuram, Associate executive director

Stefanie Anderson, Communications and marketing coordinator

Bill Spangler, President of the Secretariat Advisory Council

Members

- | | |
|--------------------------|-------------------------------|
| Bob Buckner | Jim McGillivray |
| Mary Ann Browning | Ron Mead |
| Deacon Mike East | Sister Marlene Shapley |
| Dave Grimes | Deacon John Thompson |
| Tom Hirschauer | Roberta Walton |
| Deacon Bill Jones | |

Volunteers Needed in Martinsville/Morgan County, Indiana for Flood Relief

**Contact: Jane Crady,
Catholic Charities Disaster Response
317-642-7322 • jacc1@tds.net
www.StMartins-Martinsville.org**

As of February 2009, nearly 300 families still need help rebuilding their homes in Morgan County. While there is still some debris removal to be done, most homes need skilled or semi-skilled help to rebuild homes. Anyone skilled in home repair or electrical, plumbing, HVAC, insulation, carpentry, drywall hanging, drywall finishing or painting can help.

Since we have a very limited construction staff, each group should have at least one skilled or semi-skilled adult for every three or four unskilled members of the work group. There are overnight accommodations available for groups up to 12.

**To volunteer, visit www.StMartins-Martinsville.org
and complete the online registration forms.**



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