



# Reaching Out

The newsletter of the Family & Youth Services Bureau September 2016 volume 5 • issue 3

## Anger Management Group for Teens

### Agency continues to build programs that respond to community needs

The Family & Youth Services Bureau recently finished the first of hopefully many Anger Management Groups for some of our teenage clients. The 12-week program was first discussed nearly a year ago as a response to the needs of some clients and the County Probation Office.

“There is a need for some teens to develop strategies to handle aggressive behavior,” says group coordinator Chris Johanssen, LMHC, LCAC. “In the 90 minute weekly sessions we cover topics such as how to deal appropriately with negative emotions, developing an anger control plan, and breaking the anger habit. Johanssen, who has led anger management groups for 16 years in other agencies, focuses on a format for conflict and resolution that anyone can use in daily life.

The group that recently ended consisted of six young men aged 15 to 18, and all were referred by the Probation Department. Plans are to offer an Anger Management Group as needed, with the next group beginning in September 2016.

Participation in the group is not limited to referrals from the Probation Office; if anyone feels they know a teen that can benefit from a group like this, please contact Chris Johanssen at 219-464-9585 or cjohanssen@fysb.org.



## 4th Annual Pick & Treat for Tots

### Annual drive October 1st to 31st to replenish supplies for The Tot Shop

BMO Harris Bank and The Family & Youth Services Bureau invites you, your office or organization to be involved in our 4th Annual 2016 **Pick & Treat For Tots** drive for The Tot Shop.

The Tot Shop is a unique store that doesn't take money...families with newborns and toddlers earn coupons that they exchange for diapers, educational toys, clothing, cribs, and other children's items, sizes infant through 5.

Parents earn the coupons by participating in activities like prenatal exams, parenting classes, well-baby check-ups, health screenings, and immunizations. Coupons are distributed at over 20 medical and social service locations in Northwest Indiana. Over 1,500 people used The Tot Shop last year.

Community members are encouraged to host a gathering with their office, organization, church, or club. Cards with information about the Tot Shop and items needed will be sent upon request. We appreciate your participation!

Items needed are noted in the box to the right, and can be dropped off at any of the BMO Harris Bank branches in Chesterton, Portage, or Valparaiso; also can be dropped off at Thorgren Tool & Molding, Task Force Tips, or the FYSB office in Valparaiso at 253 W. Lincolnway.

For more information about **Pick & Treat For Tots**, please contact Jackie Gray at 219-464-9585 or jgray@fysb.org.

### Pick & Treat For Tots

October 1 through October 31

A community effort to replenish supplies for The Tot Shop

sponsored by BMO Harris Bank



These are the items The Tot Shop needs for the 2016 Pick & Treat for Tots drive.  
Because of hygiene concerns, new items only.

Fall jackets and hooded sweatshirts,  
or sizes newborns to 18 months

Diapers: only need size newborn and size 4

Diapers bags, all kinds High chair covers

Educational/Developmental toys

Baby carriers/Slings Carrier covers Sheets for cribs

Children's blankets, receiving and heavier

*Please leave price tag on items donated, it will help us determine value*

Monetary donations appreciated too!

## Employee Retention Benefits Clients and Agency



CEO Lisa Jordan and other FYSB staff applaud retiring employee Kathleen Vesh on her 17 years of employment at Family & Youth Services Bureau.

In a world where employees seem to change jobs at the drop of a hat, The Family & Youth Services Bureau has a long history of retaining employees.

Kathleen Vesh recently retired after working for 17 years with the Risk Management and Learning Place Programs. She states "From day 1 of my employment at the FYSB, I felt fortunate to be part of a team where respect and cooperation between individuals and between programs was awesome. Knowing that I had the support of administration and co-workers encouraged me to hang in there during those inevitable frustrating episodes!"

FYSB currently has 38 employees working in the 18 programs and services we offer, and our staff averages 9 years with the agency. Eleven employees have worked at the agency 12 years or longer.

"Because our employee retention is so strong we can provide the experience and consistency that is often lacking in social service programs," states CEO and President Lisa Jordan. "This experience benefits not only our clients, but is also beneficial to our newer employees who can learn from our veteran staff members."

## Opportunity to give and receive: Karats for Kids Friday, November 4

**Do you have any gold, gems, fine jewelry, or sterling silver flatware that you don't use anymore?**

On Friday, November 4, 2016, you can donate these items to **Family & Youth Services Bureau** and receive an appraisal and receipt for the retail value of the items from local jeweler Stephanie Swanson. Your donation may also be considered a charitable deduction.

FYSB will take care of the sale of items collected, and the funds raised will benefit the many kids in our programs!

The event is scheduled from 10 am to 5 pm on Friday, November 4. To set an appointment for your appraisal or for more information about **Karats for Kids** contact us at 219-464-9585 or [jjgray@fysb.org](mailto:jjgray@fysb.org).

# Karats for Kids



*Appraisals by Stephanie Swanson, GIA AJP  
22 years of experience Gem Institute of America, Applied Jewelry Professional*

The Family & Youth Services Bureau will ensure that no person shall be excluded from or denied Participation in services based on the grounds of race, age, religion, sex, disability, national origin, ancestry, protected class, or any other protected class as defined by current law, or otherwise subjected to discrimination under any program or activity that directly or indirectly receives state or federal support.

## Family Life Workshop What's Up in a Teen's World

### Workshop Designed to Help Parents Be Aware

The Family & Youth Services Bureau presents a Family Life Workshop "What's Up in a Teen's World: What a Parent Needs to Know for Right Now," on Tuesday, November 8, 6 to 7:30 pm.

The presenters for this workshop are Dan Rau, LSW & Jessica White, MSW, LSW, Counselors at The Family & Youth Services Bureau.

This workshop will update parents, social service professionals and community members about the current state of affairs regarding teen's abuse of alcohol, marijuana, and prescription drugs.

*Limited spaces available; please RSVP for this free workshop by Monday, November 7th to 219-464-9585 or [kunderwood@fysb.org](mailto:kunderwood@fysb.org); please include your name and contact information.*

## Featured Donor and Volunteer

## Luci Hand

"I was very, very lucky to be born into a wonderful and loving family," Luci Hand remembers. "My family owned a grocery store in Hammond and I was always encouraged and supported as a child."

However, when she began her teaching career Luci became aware that all children were not as lucky. She often worked with students and their parents who struggled with domestic violence, housing problems, and poverty, all issues that are often an impediment to focusing on a good education.

Luci became a CASA volunteer over 26 years ago while she was still working as a School Principal because she "didn't want her job to be her whole life." Since 1990 she has handled more than 65 cases of neglected or abused children for the Porter County CASA program, some cases lasting well over a year. She says it is her way of giving back to those who really need our help.

Enthusiastically stating "Reading is my thing!" she has also provided FYSB's Learning Place Program with dozens of books for middle school students over the past year.

The Family & Youth Services Bureau cannot begin to thank Luci for all she has given to our agency through her volunteer efforts, her donations, and the continuous encouragement she has given to other volunteers and donors.

**Luci Hand, you are truly an angel!**



*Luci Hand was recognized in June by the CASA and Learning Place staffs for the many years of volunteer efforts and donations she has brought to these programs.*

### **How did you find out about the CASA Program?**

*I saw a notice in the paper about being a volunteer and thought it would be a good way to give back.*

### **Why were you interested in donating books to The Learning Place?**

*I believe reading is so important and knew about this program and how it helped middle school students.*

### **Why do you think someone should volunteer?**

*First of all, gratitude. Be thankful for what you have, and give back to help someone in need. You will get so much satisfaction from helping others!*

***You too can be like Luci! Contact us at 464-9585 for information about making a donation or to discuss volunteer opportunities.***

## Featured Board Member

## Eric Garrard

Eric is a long time resident of Valparaiso who currently runs his own investment firm, which seeks to support clients with long term financial planning.

He enjoys spending time with his family when he is not working. He joined the Family & Youth Services Bureau Board of Directors because he believes in the work the agency is doing and wants to support families with their struggles.

We thank Eric for his service!



## Family & Youth Services Bureau Board of Directors

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**David Butterfield  
Vice-Chair**

**Eric Garrard  
Secretary/Treasurer**

**Vickii Brock**

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**Patrick McGinley**

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**Jon Rutkowski**

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**Our Mission is to assist youth and families through supportive services that create a positive change for Porter County.**

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Thanks!  
We can then put the  
money we save on  
printing and postage  
back into our  
programs.

### Help us thank our partners



The Family & Youth Services Bureau provides  
over 20 programs and services for the community  
at the following locations

253 W. Lincolnway  
Valparaiso, IN 46383  
219-464-9585

6469 Central Avenue  
Portage, IN 46368  
219-763-6623

257 W. Lincolnway  
Valparaiso, IN 46383  
219-464-9585

1660 S. State Rd. 2  
Valparaiso, IN 46385  
219-464-4641

If you have a name or address correction  
or would like your name removed from our mailing list,  
please contact us at 219-464-9585 or [info@fysb.org](mailto:info@fysb.org)

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