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Valparaiso, IN 46383

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The 22 programs and services
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Family & Youth Services Bureau

Individual Counseling
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Family Counseling
Alcohol and Drug Defense Program
Teen Recovery Group
Outreach Services
Parent Enrichment Classes
Fathering Classes
Strengthening Families Program
Adoption Home Studies
Mentoring Programs
Summer Day Camp
Family Connections
Family Life Workshops
Juvenile Detention Center
Assessments and Groups
CASA/
Court Appointed Special Advocates
The Tot Shop
Healthy Families Program
Case Management Services
Risk Management Program
All Kids Matter

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Reaching Out

The newsletter of the Family & Youth Services Bureau February 2015 volume 4 • issue 1

Addressing Substance Abuse Early On

FYSB staff developed this preventative program nine years ago in 2006 in cooperation with the Porter County Juvenile Probation Department. The **Alcohol Drug and Defense Program (ADD)** meets with adolescents who are in the early stages of dealing with substance abuse issues.

Teens can be referred to the program by a school, a parent, or the Juvenile Probation Department. There are four weekly sessions, which each last for about three hours. Each session focuses on pertinent issues, such as being assertive, and what influences the decision to use drugs or alcohol.

"We talk at sessions about the long and short term effects of alcohol, tobacco, marijuana, and prescription drugs," said counselors Dan Rau and Jessica Howell. "Also included is discussion of the Lifeline Law, so teens know they can call 911 in an emergency without fear of prosecution."

Characteristic of all FYSB programs, the ADD Program also involves the teen's parents, who are scheduled to meet twice with the counselors during the four week session.



FYSB Clinical Services Counselors Jessica Howell and Dan Rau meet with both teens and parents as part of the four week Alcohol and Drug Defense Program.

Some of the messages that are interwoven into all sessions: If you are using, don't drive; there is no such thing as a safe drug; anytime drugs are combined, the risks are increased; and the only safe alternative is abstinence.

The ADD program is offered eleven times each year, alternating monthly between the Family & Youth Services Bureau offices in Valparaiso and Portage.

For more information about this program, contact Dan Rau or Jessica Howell at 464-9585 or drau@fysb.org, jhowell@fysb.org.

Family Life Workshops offer variety of topics in 2015

Offered every other month in a small group setting, Family Life Workshops educate our community on topics of interest to parents, educators, social service and legal professionals, and other area residents. Topics for the remainder of 2015 are:

- Balancing Privacy and Safety With Your Children **March 10**
- Moodiness, Depression, and Self-Harm: What Is Normal Teenage Behavior? **May 12**
- How to Strengthen Families Despite Our Fragmented Lives **July 7**
- What Happened To Those Sweet, Compliant Children We Knew? **September 8**
- Current Substance Abuse Trends in Porter County **November 10**

All Family Life Workshops are held on these Tuesday evenings from 6 to 7:30 pm, at the FYSB office at 253 W. Lincolnway in Valparaiso and are offered at no charge to all community members.

If you would like to receive advance notice and more detailed information of each Family Life Workshop, please contact us at 219-464-9585 or info@fysb.org.

Family Life Workshops are brought to our community in part by a contribution from the Kiwanis Club of Valparaiso.



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2nd Annual Hyper Diaper Drive April 3 through 11



Babies need Diapers...a lot of diapers! That is why we are having the 2nd Annual Hyper Diaper Drive this year. We are looking for organizations, offices, neighborhood groups, churches and any other interested community residents to participate.

We hope to collect 311 packages of diapers for The Tot Shop—enough to last a full year—and also include other “diaper essentials” such as unscented wipes, diaper bags, Desitin creme, diaper genies, and other needed items.

Would you like to participate? Please contact Jackie Gray at 464-9585 or jgray@fysb.org, or check our website for further information: www.fysb.org.

3rd Annual Chalk the Walk Saturday, June 13

Chalk the Walk brings vibrant color, family friendly activities, and the chance to be an artist to the Courthouse Square once again this summer.

A fundraising event for the Family & Youth Services Bureau, Chalk the Walk also offers local businesses and organizations the opportunity to promote their message, and gives area artists of all ages the chance to have their artwork featured in a public space. And the artwork lasts for weeks!

All sponsors receive 3 x 3 foot spaces to create a chalk drawing on the Porter County Courthouse sidewalk, including a box of brightly colored chalk. Sponsorships start at \$150.00.

Are you interested in being a sponsor or an artist for this event? Please contact Jackie Gray at 464-9585 or jgray@fysb.org, or check our website for further information: www.fysb.org



FYSB Receives Community Education Award



The Family & Youth Services Bureau received The Community Education Award in December 2014 from the Indiana Youth Services Association.

IYSA Chief Advancement Officer Michele Whelchel states “The Community Education Award is presented to the agency in the state making the most significant impact on their community. By coordinating or facilitating community and school events, this agency has led the charge to save the lives of young people in their community by raising awareness about issues that affect area youth.”

Committed to addressing issues that affect local families, the Family & Youth Services Bureau hosts the Family Life Workshops six times each year covering topics of interest to parents, educators, and social service professionals; offers presentations to schools and organizations on critical issues specific to each group; and in 2014 was instrumental in bringing IYSA’s Making Good Decisions program and the Lifeline Law to the attention of the local community. Established in 1972, FYSB currently provides 22 programs and services to over 4,000 Porter County residents.

Our Featured Donor:

Pat Damato

She said she really didn’t need anything for her birthday, and knew about a program that always needed supplies; so last October she sent out invitations to her birthday party, and asked her friends to bring items for The Tot Shop!

Retired grade school teacher Pat Damato first knew about the Family & Youth Services Bureau from her days as a CASA volunteer. During a recent tour of FYSB she heard about The Tot Shop and how the program helped young parents. She got creative and came up with this birthday party idea, and we are so grateful. Pat and 20 friends had treats, sipped punch, and had a wonderful time watching all those items for kids come out of brightly colored wrapping paper. Thank you again Pat, and Happy Birthday!

You can have a birthday party for The Tot Shop too; contact Jackie Gray at 464-9585 or jgray@fysb.org to receive a list of the items needed at any given time.



Our Featured Board Member:

Paul Knauff

He brings many years of school administrative experience with him to our Board; Paul retired in 2011 as Principal of Thomas Jefferson Middle School after a career of 44 years as an educator and administrator throughout Northwest Indiana.

Paul joined the FYSB Board of Directors in 2005, because "I knew Dennis Morgan and had great respect for him and his leadership with the Family & Youth Services Bureau. The programs and services of FYSB have a tremendous impact on the community. Remove the agency from the community and the needs would be obvious."

In his spare time Paul enjoys reading, walking, traveling, and serving in volunteer capacities. We know all the many ways you contribute to our community Paul--thank you for spending some of your spare time with us!



Our Featured Employee:

Kathleen Vesh

“People think that it must be really tough to work with juvenile offenders; that they are disrespectful or even hard to deal with,” says Kathleen Vesh, a teacher with FYSB’s Risk Management Program. “It is true that some youth have their moments, but it is rarely directed toward our staff and I’ve never felt uncomfortable. The vast majority of our kids are respectful, likable, and fun to work with!”

Kathleen works one on one with the teens in the Risk Management Program, assessing Math and Reading comprehension and providing instruction to help them maintain and improve their skills. She feels the most fulfilling part of her job is knowing she works for an organization whose sole purpose is to help others improve their lives.

A gardener, birdwatcher, and recent yoga enthusiast, Kathleen says she often splurges by attending performances at the Chicago Symphony and Lyric Opera. We thank you Kathleen for devoting so much time and energy to the kids you teach; that is music to our ears!



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