



CONNECTIONS

The mission of Family Services of Southern Wisconsin and Northern Illinois, Inc. is to restore, sustain, and enhance the lives of members of our community by providing an array of empowering services that focus on prevention, advocacy, case management, education, counseling and therapy.

OUR PROGRAMS»

SEXUAL ASSAULT RECOVERY PROGRAM (SARP)
(866)666-4576
asunza@sarpwi.com
www.sarpwi.com

YOUTH2YOUTH 4 CHANGE
(608)313-9220
debtfk@aol.com
www.rcy2y.com

CASA OF ROCK COUNTY
(608)305-0187
casarc@familyservices1.org
www.casarockcounty.org

CONSUMER CREDIT COUNSELING OF БЕЛОIT/JANESVILLE
(866)925-CCCS
cccs@familyservices1.org

BEЛОIT DOMESTIC VIOLENCE SURVIVOR CENTER
(608)364-1083
(608)365-1119 24-hour help
khood@familyservices1.org

FAMILY AND INDIVIDUAL COUNSELING
(608)365-1244
jfruin@familyservices1.org

HOME COMPANION REGISTRY
(608)856-0153
sguetschow@familyservices1.org

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ANNUAL LUNCHEON BUILDING A BRIGHTER БЕЛОIT: THROUGH LITERACY»

Family Services of Southern Wisconsin and Northern Illinois, Inc. will hold its annual luncheon, “Building a Brighter Beloit - Through Literacy,” on September 27 with keynote speaker, Dr. Dipesh Navsaria.

Dr. Navsaria, a pediatrician and assistant professor of pediatrics at the UW School of Medicine and Public Health, also has a master’s degree in library and information science. He practices primary-care pediatrics at a community health center working with underserved populations and is an advocate for children’s health. He emphasizes the importance of early literacy, specifically how reading to very young children, is crucial for language development and creating a positive bond between parent and child.

His talk, entitled “How Promoting Literacy is Key to Early Brain and Childhood Development” will demonstrate the effects of adversity and poverty upon the developing brain and he will touch on his involvement with “Reach Out and Read,” an initiative that provides books to children and reading techniques to parents during pediatric visits.

Family Services recognizes the importance of early literacy and the positive impact it has on parental bonding with children,

school preparedness, and the promotion of life-long learning. At the Annual Luncheon, Family Services will be announcing new and exciting initiatives that will involve the community in an effort to get books into the hands of all area children.



The luncheon will be held from 11 a.m. to 1 p.m. at the Eclipse Center with lunch provided by Merrill & Houston’s catering. Our generous sponsors have covered the cost of the meals, so there is no charge for attendees. All donations to our agency and programs are greatly appreciated.

Reservations are required by September 20. Please go to www.statlinefamilyservices.org under “Events” to make a reservation on line, email pemery@familyservices1.org or awhitney@familyservices1.org or call 608-365-1244.

CASA VOLUNTEERS ... MORE THAN FRIENDS TO CHILDREN IN FOSTER CARE»

Everyday children in Rock County are abused and/or neglected by the people who should be their greatest protectors and advocates. As a result, through no fault of their own, many of these children are removed from their homes and placed in foster care. The foster parents, while loving and with the best intentions, are still strangers and adjusting to an unfamiliar home and unknown expectations can be stressful and frightening.

To help augment the difficult jobs of the overburdened Child Protective Services caseworkers and provide additional information to the judge the court orders a Court Appointed Special Advocate, (CASA) who is a trained volunteer, be assigned to the case.

The CASA volunteer, acting as the eyes and ears of the court, meets regularly with the child, parents, foster parents, extended family members, teachers, therapists, and counselors, monitors the case to ensure compliance with court orders, determines whether appropriate services are being offered to the child and family and prepares regular reports for the court and other parties. CASA volunteers advocate for the best interest of the child, making sure that the child is safe and not alone while in the system, that these children do not languish in foster care, fall through the cracks or are re-victimized.

While in the care of the state, these children may have several placements and several caseworkers which means new families, new rules, new schools, new teachers. A CASA volunteer is sometimes the only constant in their lives.

A young girl who was physically abused by a parent received a CASA last month. The parent who abused the girl is incarcerated and the other parent is working toward reunification with the child. The victim is reluctant to develop a relationship with her parent at this time. The CASA, while working to build a relationship with the girl, is also focused on meeting the people in her life including her foster parents, monitoring the services she is receiving, and the parent's progress toward achieving reunification, while continuing to reassure her of her support and presence.

A young boy, physically abused by his mother's boyfriend is already developing a close relationship with his CASA who attends his sport events, takes him to the library or the park and even out for ice cream. Unfortunately, his mother frequently misses her scheduled visits, disappointing the child who looks forward to seeing her. The CASA is now not only attending the visits to offer support and comfort if the mother does not show but is also reporting the mother's erratic visit attendance and its effect on the child to the court. The CASA is also monitoring the services he is receiving to help him recover from the trauma he experienced.

A CASA staff member recently spoke with a grandmother about her experience with CASA and the two volunteers who were appointed to advocate for her grandchildren. She recounted how these volunteers visited the children every week and slowly built a relationship with them. "The CASA volunteers



were the only ones that really got to know the children, always asking them what they wanted and how they felt. They made it clear that part of their job was to make sure the judge knew what they wanted. In the early days of the case, the children were fearful and we were trying to navigate through uncharted waters none of us had chosen. Then the white horses appeared with the CASA volunteers and it was "hallelujah" because they gave us a sense of calm. All I can say is CASA gives people hope."

There are currently over 100 children in Rock County waiting for a "special friend," a CASA volunteer, who will stand by their side through this chaotic period in their lives, advocate for them and give them hope.

If you are interested in knowing more about becoming a CASA volunteer or in helping support CASA of Rock County, please contact CASA at 608-305-0187 or visit our webpage at casarockcounty.org. The next volunteer training session begins September 15th.



HELPING MAINTAIN INDEPENDENCE IN SUNSET YEARS »

Today, the demands of home and family can be overwhelming and it can be difficult for many seniors to admit they can no longer do everything themselves. Recognizing the need for help is the first step in removing the worry and burden of care from family members and increasing the time one can remain in their home.

The Home Companion Registry is a non-profit program which connects qualified home care providers with seniors who wish to remain as independent as possible in the comfort of their own homes. The companion, who can visit a home for a few hours a day each week or as many as 24 hours a day, 7 days a week, performs a wide variety of services. These services can include something as simple as companionship and conversation or more extensive tasks such as laundry, making appointments, providing trans-

portation, housekeeping, personal grooming, and medication reminders. The home companion is there to make life easier and more enjoyable for the client at home.

However, there often comes a point where remaining at home can present significant challenges, ones that outweigh the benefits of home care. When the decision is made to transition to a senior-friendly environment, such as an assisted living facility, the Home Companion Registry program can still play a valuable role in caring for that loved-one.

Assisted Living Facilities help seniors with many aspects of their day to day lives, but even with the level of care these living options offer, sometimes additional support is needed. The Home Companion Registry provides services that the facility may not be able to perform such as running errands, as-



sisting with paying bills, correspondence and just general companionship. After all, it is still their home.

For more information about the continuum of care offered by the Home Companion Registry, please contact Stephanie at 608-856-0153, sguetschow@familyservices1.org or visit our webpage at www.stateline-familyservices.org. Life is a shared journey, let the Home Companion Registry be a part of yours.

FROM SARP VOLUNTEER TO STAFF MEMBER»

My name is Samia Khan and I recently graduated from UW-Whitewater with a major in Psychology and minor in Biology. I was born and raised in Karachi, Pakistan. When I was 14 years old we moved to the United States. When I first heard about SARP, I was in my third semester of college going to UW-Rock County trying to figure out what I wanted to do. I went to a career fair, met someone from the SARP program running a booth, and I decided to become a volunteer.

It was very scary at first but all the training I received prepared me to do a better job than I expected. I volunteered for about 3.5 years and after graduation was hired as the SARP Volunteer and Outreach Coordinator. I am so excited to be in this position and learn more about how I can help people and support them on their journey

to healing. Being a volunteer has definitely given me the opportunity to gain experience and help people as much as I can and work with a very supportive wonderful staff. Answering a crisis call is sometimes nerve-racking, but when you get off the phone knowing you were able to help someone in crisis, it is very rewarding. Being multi-lingual and cultural I have been able to help people from various ethnicities, religions and sexual orientation.

My goal is to gain experience before I go to graduate school to further my studies to become an Occupational Therapist. My experiences are giving me an understanding of abuse and disorder to better help patients in the future. In my current position with SARP, as a Volunteer and Outreach Coordinator for Rock and Green County, I am gaining experience and helping people to my best ability.



I would totally recommend anyone who feels capable of helping others volunteer with our program. It definitely opens opportunities to bigger and better things, while you make a difference.

NEWS IN BRIEF»

Y2Y 4 CHANGE ANNUAL SUMMIT



Youth2Youth 4 Change held its Annual Summit and youth training conference on August 8 and 9 at Central Christian Church

PROGRAMS ATTEND NATIONAL NIGHT OUT



The Beloit Domestic Violence Survivor Center, the Sexual Assault Recovery Program (SARP) and Y2Y 4 Change all participated in the National Night Out held at Rotary Park in Beloit on August 2. Each program had a booth providing information on their services.

BDVSC RECEIVES FUNDS



Beloit Domestic Violence Survivor Center Program Director, Kelsey Hood-Christenson (center) and Shelter Manager, Christal Janvick (right) accept a \$1000 check from the Beloit Evening Lions Club representative Sandy Storley (left). Funds will be used to ensure the program is able to continue to provide a safe haven for victims of domestic violence.

SERENITY GARDEN UPDATE



A sign was raised in Horace White Park marking the location of the future Serenity Garden honoring victims of interpersonal violence. Donations of materials, labor and funds are currently being accepted.

Please contact Family Services at awhitney@familyservices1.org or call 365-1244.

SHARPEN YOUR FINANCIAL FOCUS CAMPAIGN IMPROVES FINANCIAL HEALTH»

Consumer Credit Counseling Services, partnering with the National Foundation for Credit Counseling, has been improving the financial health of individuals and families. The NFCC and its member agencies have set a goal to empower 5 million people to improve their financial well-being by 2020.

“Sharpen Your Financial Focus”, a multi-year initiative of NFCC, is designed to empower people of all income levels to improve their financial health and the results have been powerful.

Researchers at Ohio State University conducted a comparative evaluation, matching 6,094 “Sharpen” clients to a group of 6,500 similar non-counseled individuals. Outcomes for the two groups were measured on a quarterly basis for the quarter prior to counseling through six quarters of post counseling.

Based on the responses from an NFCC survey, Sharpen clients reported the program was making a positive impact

on their financial lives after just three months of counseling. When interviewed, 68% of the clients reported “Sharpen” helped them in setting financial goals, 76% are now better at managing their money, 73% now pay their bill more consistently and 70% have improved their overall financial confidence.

In addition to tracking survey outcomes, the evaluation tracks credit report outcomes for a subsample of nearly 9,000 “Sharpen” clients. This analysis demonstrates “Sharpen” is making a positive financial impact on the participant’s financial lives.

The “Sharpen Your Financial focus” program consists of several services. Customized one-on-one financial reviews take place with financial professionals and are intended to help clients establish goals and a personalized action plan. The “MyMoneyCheckUp” online self-assessment program helps increase



a client’s awareness of their own financial activities and overall financial health and provides ways to help. Targeted financial education workshops and sessions on a wide variety of topics including basic banking, purchasing a home, and understanding your credit score are offered. eCoaching, with automated email and text reminders, also help keep clients on track.

The “Sharpen” program is recognized for its comprehensive and holistic approach to assessing an individual’s complete financial situation, helping individuals and families stabilize their finances while taking the first steps to improve their financial health.

Call the Family Services office 608-365-1244 to schedule your “Sharpen Your Financial Focus” review.

PROJECT FOCUSES ON SINGLE MOTHERS INTERESTED IN ACHIEVING FINANCIAL WELL-BEING»

Few things in life are more valued than the physical, emotional and financial well-being of ourselves and our families. We know there are many times when being a mom, plus family money manager, can cause stress, anxiety and fear. Family issues and money concerns often go hand in hand. When the responsibilities of parenthood and challenges of financial priorities become overwhelming, we can help.

We believe individuals deserve to enjoy mental and emotional health as well as financial well-being and to have an opportunity to develop to their fullest potential the Wealth Health program reflects an understanding that

the quality of life can be compromised by forces beyond one’s control, that everyone has the ability to improve the quality of their lives and that professional counseling and financial coaching can be productive tools for positive change.

As an independent out-patient clinic and community financial counseling agency, we have both unique and specific experiences, tools and strategies to help mothers address the emotional and financial stresses in their lives.

Grant support from the Stateline Community Foundation currently allows single mothers to receive Wealth Health

services free of charge. Appointments for Wealth Health services can be made by calling 608-365-1244, Monday through Friday from 8:30 am to 5 pm.



ALTERNATIVES TO TRADITIONAL THERAPY FOR CHILDREN: THE THERAPEUTIC SANDBOX»

The Family Services' Family and Individual Counseling Program is pleased to announce we will be adding play and expressive therapies to our tool kits. Until recently, therapy has focused primarily on skill based approaches, such as cognitive behavioral therapy, to improve mood management. Play and expressive therapies allow clients to express feelings and thoughts in a less direct way which can feel less threatening.



Expressive therapy incorporates art activities such as painting, collage work, and drawing into the therapeutic process. Play therapy utilizes games, figurines, and often sand trays. Both of these models can be incorporated with other therapies or be the primary mode of therapy.

These new tools will allow us to assist and support our clients in utilizing different methods to express and process their thoughts, feelings, and trauma experiences. We are excited that we are not only expanding our skills, but are also promoting more hands on and interactive modes of therapy. These modes of therapy will assist our work with all ages (children, teens and adults) and will help improve our ability to reach our clients and meet their needs.

Our therapists will continue to participate in trainings pertaining to play and expressive therapies as we introduce these programs to our clients. We are also very pleased to announce we will be partnering with Family Services' Sexual Assault Recovery Program (SARP) and are grateful for their help in funding this project.

Please call us at:
608-365-1244
to make an appointment
with one of our counselors.



BELOIT POLICE CHIEF JOINS FAMILY SERVICES' BOARD»

Beloit Chief of Police David Zibolski has joined the Board of Directors for Family Services of Southern Wisconsin and Northern Illinois, Inc. "I am excited to join the Board of Family Services. I look forward to assisting the agency in realizing its mission, particularly in its collaborative work with other community resources," stated Chief Zibolski.

Family Services believes the strengths of individuals and communities are significantly determined by the strength of the family unit, no matter how defined. For more than eight decades they have worked with clients to increase their capabilities and skills for meeting life's challenges through education, counseling, support and advocacy.

Family Services' Executive Director, John Pfeleiderer remarked, "Chief Zibolski's membership on the Board represents a tangible commitment to the interests of many of those we serve: victims and survivors of child abuse, domestic violence, and sexual assault as well as those individuals affected by substance abuse. Law enforcement plays a critical role both in preventing and responding effectively to these concerns. We look forward to a new and constructive partnership with the Beloit Police Department. We also look forward to the Chief's insights and leadership in helping Family Services increase its effectiveness in realizing its goal of restoring, sustaining, and enhancing lives."

Family Services' Board President Tom Finley indicated "We are very happy that Chief David Zibolski has joined our Board. We feel a closer tie to Beloit's police department will help us provide assistance to those who have a need in our community. Having the Chief on our Board is part of our commitment to being an effective partner in helping improve the quality of life in our community."



John Pfleiderer
Executive Director

OUTCOMES: CREATING MEANINGFUL CHANGE »

Part 2: Continued from Spring Issue

In the last issue, we discussed how measuring the “impact” of services as a measure of change (or effectiveness) can be misleading – it’s a bit like using the shadow cast by an object on a sunny day to try to determine the three-dimensional shape of the object itself. We’ve given a great deal of thought as to how and why changes occur in human services.

While the emphasis on outcomes is important, it’s more important to have a clear understanding of the relationship of outcomes to the underlying issues. An effective program must have a strong model for how change occurs (and accordingly, how services tie into change).

It’s pretty obvious that social issues have complex origins. They are grounded in our human natures, our individual genetic endowments, our own psycho-social development, our experiences, our support systems, our culture, our place in the economy, and the various systems and institutions that impact our lives. The influences vary: some are protective and help us thrive, others are detrimental as they contribute to the development of problems, and still others are restorative as they help us either compensate for the negative or enhance the protective.

The “healthiest” communities are those in which the protective and restorative factors are the strongest. At Family Services, we strive to enhance those protective and restorative factors. We do that by working to provide comprehensive services that are within the scope of our expertise – that’s why we offer programs not simply projects – and by working with our clients to help them access services that we are unable to provide.

BOARD PROFILE»

Dee Nutter

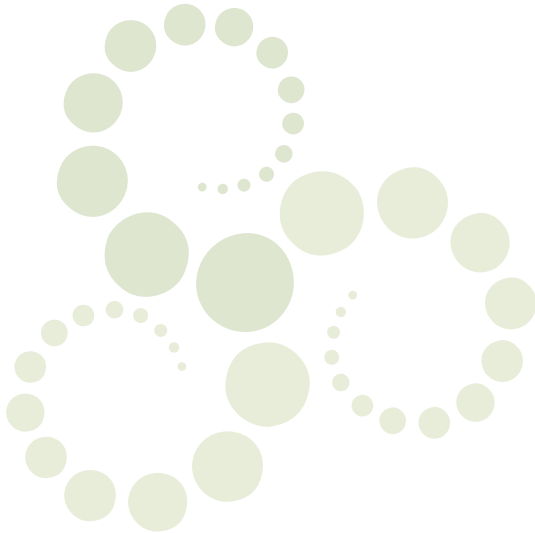


Dee Nutter has lived in Beloit and then Clinton, WI most of her life. She is currently Capital Manager at Kerry, Inc., but worked for Family Services for 8 years in the 1980’s. “Often times, people didn’t have anywhere else to turn or money to pay for services, and I was proud to be a part of an agency that I could see was making positive changes for so many people,” said Dee of her time as office manager.

Kerry is involved with several charities, so when a position opened on the Family Services board, Dee was happy to be able to work with them again. Dee says she is impressed with how the agency has continued to expand programming and strives to deliver services that are current, relevant, and focused on helping children and families enhance their lives.

“The most challenging part of being on the board is not being able to do more. Most non-profit agencies struggle with funding in order to support their programs. There is much to do, the need is great, but programs and services have to be limited to the financial resources available.” Dee says she appreciates the employees who work for the agency, how they provide services where there is the greatest need, and are committed to quality services and ensuring them through accreditation. She also values the donors, noting there are some wonderful people in the community who believe in Family Service as she does and have supported them for many years.

Dee has delivered Meals on Wheels, and has been a Kerry Ambassador for several years, helping to raise money at Kerry events for local non-profits, volunteering on behalf of Kerry at the Snapper’s game, the Beloit College Family Discovery Night, Beloit High School Good to Great Activate Festival, Relay for Life and United Way Day of Caring. When not at work or volunteering, Dee gets together with her sister, Vonnice, and her grandchildren each week. On the weekends, she and her husband Keene can often be found at their cabin near Castle Rock Lake, which they are building together.



UPCOMING EVENTS»

- SEPTEMBER 27, 2016** **FAMILY SERVICES ANNUAL LUNCHEON**
For more information and to RSVP:
www.statelinefamilyservices.org
- OCTOBER 29, 2016** **SEXUAL ASSAULT RECOVERY PROGRAM (SARP)**
1920's Gangster Murder Mystery Fundraiser
For more information: www.sarpwi.com under Events
- OCTOBER 15, 2016** **YOUTH2YOUTH 25 YEAR ANNIVERSARY CELEBRATION**
For more information: www.rcy2y.com

YOU CAN HELP»

Your gift is important because it offers immediate resources that are directed to the current needs and opportunities of the programs of Family Services. To donate, mail your donation with this slip, visit www.statelinefamilyservices.org, or contact us at awhitney@familyservices1.org, pemery@familyservices1.org, or (608)365-1244.

- Tell me about volunteer options.
- Sign me up for the E-newsletter.
- Keep my donation anonymous.

Please accept my donation of \$ _____

- A check payable to Family Services is enclosed.
- Please charge my credit card:

Card Number _____

Expiration _____ Code _____

Signature _____

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Please return completed slip to: Family Services | 416 College St | Beloit, WI 53511

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www.statelinefamilyservices.org
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