

Family Counseling Service News

Fall 2009

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Offering hope and healing to individuals and families since 1900.

Special Statistics of Kentucky

Kentucky ranks 41st out of 50 states in per capita spending for mental health. <http://www.statemaster.com/red/state/KY-kentucky/hea-health&all=1>

Every week in Kentucky there are 10 people who lose their lives to untreated mental illness (suicide) resulting in a loss of life for over 500 Kentuckians annually. (National Association of Mental Illness (NAMI) web-

Over 100 thousand of Kentucky's four million sixty-five thousand residents have a severe mental illness. (U.S. Census 2000; U.S. Center for Mental Health Services)

Executive Director's Corner

Carol A. Whipple, M.S.

For almost 110 years, FCS has been providing quality services to vulnerable individuals and families. As FCS has evolved from a social service agency to a mental health out-patient center, we are always mindful of the crucial role we play in offering hope and healing to those struggling with life's challenges. Many of our clients are unemployed or underemployed and would not have access to these services without the support of United Way of the Bluegrass and other types of donations.

Many days I sit at the front desk. Time and time again, I am gently and humbly reminded that life is not fair and not everyone has had the opportunities for a whole and healthy life that many others have had. This work we do has a ripple effect in impact. Future generations may have better life chances due to the quality care we provide with integrity and mindfulness. As you move through your day, reflect on your journey and remember to acknowledge with gratitude the people who may have helped you along the way.

A Story About Positive Change

A married but separated mother of 5 sought our agency following terrorizing and stalking behavior by her husband. She woke up in the middle of the night to find that her husband had come into her home and was staring at her. He called her incessantly at work and made threats to harm her or the children if she divorced him. Due to her fear, she was suffering from sleep deprivation and had difficulty staying awake at work. She disclosed a history of her husband battering her and her job became threatened. Here boss

did not like the constant interruptions by her husband at her workplace, since it posed a threat to the business and customers. She had also been disciplined for falling asleep at work. Through the assistance of a practicum student here at FCS, case management was established in order to make the required reports. A threat of harm was reported to Adult Protective Services, a duty to warn report to the police, and she also sought a domestic violence advocate through a local agency. The case manager also assisted walking the client through the process

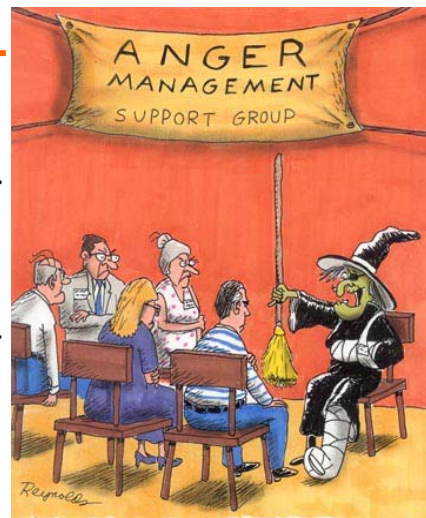
of filing an Emergency Protective Order and establishing a safety plan in order to best protect herself and her children. Shelter services were explored with her as well as how to build her social support system. She was able to manage her symptoms of post-trauma and work through her goal to emotionally detach from the relationship in therapy. She has been able to successfully flee from the relationship without harm to her or her children. Her emotional wellbeing and work performance has improved and her job is stable.



A Word From The Clinical Director, LaDonna Tyler, MSW

As a client recently reminded me, when we work with someone in therapy, we have to remember we are affecting the lives of all those whom the individual in therapy comes into contact with: A mother of two, whom had also referred her friend who is a mother of four, told me,

"I really appreciate you; I hope you know that when you help the two of us moms, you are really making the difference in more than just two of our lives...you are making a difference in all eight of our lives."



"My name is Helda, and I have a tendency to fly off the handle."

Anger Management 101

Do you have issues with anger? Do you have a hard time expressing emotions in good and healthy ways? Or do you lash out and find yourself regretting the things you say or do? We have a class for you. FCS is now offering an on-going group, Anger Management 101.

Cost: \$30.00 per session.

Participants must make a six week commitment with first half of fees due class one and second half due class four. For more information, please call our office at 859-233-0033.

When: Wednesdays 5-6:15

Where: 1393 Trent Blvd, Building 2

"Do something that challenges and engages your mind, not because it's difficult, but because it's different from what you normally do."

Lawrence C. Katz

"Extend to each person, no matter how trivial the contact, all the care and kindness and understanding and love that you can muster, and do it with no thought of any reward. Your life will never be the same again."

Og Mandino (1923-1996); essayist, psychologist

Women's Empowerment Group

Calling all women! Do you feel as if you need to make a shift in your life, or are you in a middle of a life transition, or just struggling with anxiety



and/or depression? Come and learn techniques and skills for making positive changes by joining our Women's Empowerment Group. **Its coming soon and its free!** Dialogue, journaling, insight exercises, creative process and

body movement will be utilized. If you are interested please call us at 859-233-0033.

Our Services

FCS offers experienced therapists, a client-centered philosophy, and a solution focused approach to treating and managing emotional and behavioral issues. FCS offers therapeutic services to treat:

- Anxiety/Stress/Phobias
- Depression/Grief and Loss
- Abuse/Trauma Issues
- Anger Management
- Substance Abuse Assessments and Support Relationships
- Parenting/Child & Adolescent Behavior
- Separation/Divorce Recovery
- Adjustments to Life Changes

ATTENTION PARENTS!

FCS has a potential class for all parents who are wanting to improve communication with your children and learn new skills for better parenting. We can help you relate more effectively with your children. If you are interested please call 859-233-0033.

Please Help!

For every 100 dollars donated to Family Counseling Service, a client will receive four hours of individual mental health counseling by FCS clinicians.

Please Give Today

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